PSYCH PROBLEMS HAMPER AFGHAN VETS, PG 3

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TORONTO • TUESDAY, APRIL 14, 2009
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Workology

Doing the dirty work pg 19

Pilot dies, passenger lands plane

EMERGENCY Doug White and his family had just enjoyed a smooth takeoff and were ascending through the clouds when the pilot guiding their twin-engine plane tilted his head back and made a guttural sound.

The pilot, Joe Cabuk, was unconscious. And though White had his pilot's licence, he had never flown a plane as large as this. "I need help. I need a King Air pilot to talk to. We're in trouble," he radioed.

Then he turned to his wife and two daughters: "You all start praying hard."

White, 56, landed the plane in Florida on his own about 30 minutes later, coaxed through the harrowing ordeal by air traffic controllers.

The pilot died, but White somehow managed.

THE ASSOCIATED PRESS

Health pg 34

Are you ready for a pedicure?

Entertainment pg 35

Metric measures up

Learning Curve pg 21

Life lessons overseas

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Missing **Ground search called off**

DAVE CHIDLEY/THE CANADIAN PRESS

Oxford Community Police spokeswoman Const. Laurie-Anne Maitland walks into police headquarters yesterday before speaking to the media about the search for missing eight-year-old Victoria Stafford in Woodstock. Victoria has been missing since Wednesday, around the time she was captured on a surveillance video walking with an unidentified woman. Police end search, page 8.

Colourful health

Choose reds wisely, Mediterranean diet golden: Study

A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden.

That is the conclusion of a study out of McMaster University that purports to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years worth of existing research on diet and heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with confidence, says Dr. Sonia Anand, the study's senior author. It ran yesterday in the journal Archives of Internal Medicine.

"It's the best that we can do yet," Anand says of the study's food and heart link findings.

While the study's list of foods that protect the heart has few surprises — whole grains and vegetables are good, processed meats are bad — researchers found little evidence to support the claims of some highly touted diets and supplements.

"One area that we did not find overwhelmingly strong evidence for would be the Omega-3 fatty acids," says Anand. Those coming from fish seem to be heart protective, while those from plant sources like walnuts and flaxseed have little supportive research.

As well, she says, while there is "moderate" evidence that eating vitamins E and C in fruits or vegetables has some protective properties for the heart, there is almost none to attest they are beneficial in pill form.

Generally speaking, heart-friendly foods include such familiar fare as vegetables, nuts and Mediterranean diets.

TORSTAR NEWS SERVICE

Canadian quadriplegic reaches North Pole

A lawyer from Thunder Bay has become the first known quadriplegic to reach the North Pole.

David Shannon, 46, who was paralyzed after a spinal-cord injury, reached the frosty destination Saturday with his expedition partner Christopher Watkins, 40, who is also from Thunder Bay.

"If we as people work together in our homes, our cities, our countries and in our global village, there is no dream that cannot be realized." David Shannon

The men, both lawyers, say they embarked on the daunting trek to raise awareness of accessibility issues and to show how obstacles can be overcome through persistence.

Shannon and Watkins erected a disabled parking sign at the North Pole to commemorate their successful trek.

"This sign represents all peoples who have faced challenges or adversity in their lives and have dreamed of overcoming them," Shannon said in a statement.

"If we as people work together in our homes, our cities, our countries and in our global village, there is no dream that cannot be realized."

The journey wasn't easy, as Shannon's spinal-cord injury affected his ability to maintain body heat in the frigid climate, and he was also hit by a serious infection. Watkins suffered frostbite to his fingers and a cut to his foot.

Both men are exhausted but are recovering in Norway and expect to come home to Canada in a few days.

THE CANADIAN PRESS

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Man stabbed in chest outside subway station
A man was taken to hospital after he was stabbed in the chest with what may have been a beer bottle outside a subway station last night. A fight broke out shortly before 7 p.m. among four men outside the St. Clair West subway station. Paramedics arrived to find one man stabbed, and took him to hospital with minor injuries. TORSTAR NEWS SERVICE

Local

Goodall spreads the word

Primatologist and environmentalist Dr. Jane Goodall will be in Toronto to speak to more than 200 high school students from across Ontario interested and involved in environmental, animal and social issues. Goodall will attend the Youth 4 Action Workshop, being held Saturday from 8:45 a.m. to 3 p.m. at the Earth Sciences Centre, 5 Bancroft Ave, at the University of Toronto. METRO NEWS SERVICES

Stress cases jump 50% in Afghan vets

More than one in every five Canadian soldiers and police officers deployed to Afghanistan leave the force with post-traumatic stress or other psychiatric problems and that figure is rapidly rising, the Toronto Star has learned.

By the end of last month, the number of soldiers and police officers discharged from the military and RCMP for psychological strains after tours in Afghanistan had reached 1,053, representing an increase of more than 50 per cent from 2008, a spokesperson for Veterans Affairs Canada told the Star.

The increase had been predicted in documents released under the Access to Information Act.

The documents admit longer, multiple and more dangerous deployments "have led to an increase in the prevalence of operational stress injuries among the members of these organizations."

"That does seem a little high, higher than I would have expected."
Joe Sharpe, retired brigadier general

Another reason for the jump appears to be an effort by the military and government to quickly identify and treat individuals with post-traumatic stress before their conditions worsen. Untreated cases in the past have resulted in tragic and horrifying cases of drug addiction, assault, rape and even suicide.

Still, the number of soldiers and Mounties released from service to seek psychological help has surprised even some of the most experienced observers of operational stress injuries.

"That does seem a little high, higher than I would have expected," said Joe Sharpe, a retired brigadier general who works on PTSD policy with Veterans Affairs.

The feds have spent millions on treatment clinics across the country to treat military and police veterans after years of criticism that it was failing those who risk their lives in the country's defence.

But a December 2008 report by military ombudsman Mary McFaddyen found some soldiers still not getting proper care. She also faulted the military for delaying plans to hire hundreds of mental health experts to treat wounded soldiers.

Remote military bases in Gagetown, N.B., Shilo, Man., and Petawawa, where thousands of soldiers are currently returning home from Kandahar, have had particular difficulty attracting mental health experts.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Comments & Views

Steve Collins tries to understand the rollercoaster known as love in Relating

metronews.ca

What's online today.

Your Money Allan Small on what's behind the surprising profits in the U.S. banking sector at **metronews.ca/investing**

Video Combat is expected to ramp up in southern Afghanistan when U.S. troops arrive this year at **metronews.ca/canada**

Blogs Zac Efron's 17 Again gives Hollywood Rants déja vu all over again

Lotteries

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These results are not official.

French bookstore saying au revoir

Almost half a century has gone by since Librairie Champlain opened shop in downtown Toronto, selling books and music to francophones and francophiles.

Now, two generations and three relocations later, the city's lone French bookstore — one of only eight in the province — is shutting down.

"It's all very sudden," owner Marcel Arsenault said yesterday. Arsenault, who took over the store from his parents in 1993, plans to shutter it on April 30.

"It's all very sudden. We looked at the books, we tried to lower our rent, but we can't even afford to move."
Marcel Arsenault, Librairie Champlain

"We looked at the (account) books, we tried to lower our rent, but we can't even afford to move," he said in French.

The bookstore, on Queen Street East gets less and less business from school boards and public libraries, which previously accounted for roughly 70 per cent of sales, Arsenault said.

While all independent retailers feel the squeeze of big-box stores, Ontario's French bookstores — already few and far between — are particularly at risk, due to added competition from Quebec, industry groups say.

Meanwhile, Quebec stores are bolstered by school boards and libraries, which by law must purchase books at retail price from certified local bookstores.

"It's a terrific system," and one that Ontario should consider, said Susan Dayus, executive director of the Canadian Booksellers Association.

Arsenault, who dedicated 30 years to the family business, said giving it up will leave a gaping void in his life. TORSTAR NEWS SERVICE

Corner Gas **Pumps shut down in Dog River**

KEITH BEATTY/TORSTAR NEWS SERVICE

The cast of the Corner Gas sitcom, including Eric Peterson above, meet with fans in Toronto on the day of the series final show to mark the end of one of the most popular Canadian shows ever.

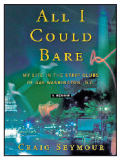
News in brief

INQUIRY An Ontario judge will preside over a public hearing next month to consider allegations a Justice of the Peace inappropriately touched a colleague "in a sexual manner." The complaints by an unnamed female were filed against Vernon Albert Chang Alloy, commission counsel Gavin MacKenzie said yesterday. The complainant is another Justice of the Peace. Ontario Court Justice William Gorewich has been appointed to conduct the May 11 hearing in downtown Toronto where he could recommend Chang Alloy be removed from a job that paid him $107,000 in 2007, according to public sector disclosure records. The inquiry will consider whether, on two separate occasions in the summer of 2006, Chang Alloy "made unwanted physical contact with a another Justice of the Peace by inappropriately touching her in a sexual manner." TORSTAR NEWS SERVICE

Amazon blames 'cataloguing error' for bestseller list brouhaha

BOOKS On-line retail giant Amazon is refuting claims it deliberately removed gay and lesbian-themed books from its bestseller lists, insisting the culprit is a "cataloguing error" that has affected nearly 60,000 titles across various genres.

"This is an embarrassing and ham-fisted cataloging error for a company that prides itself on offering complete selection," said corporate communications director Patty Smith, in an email received by the Toronto Star.



Cover of a title by Craig Seymour that deals with gay strip clubs

"It has been misreported that the issue was limited to gay and lesbian themed titles."

Amazon.com, the Seattle-based global online retail giant that sells books, CDs and other products, spent much of yesterday defending itself against charges it had dropped books dealing with gay and lesbian subject matter from its extensive rankings.

The furor started over the weekend when writer Mark R. Probst reported on his blog gay and lesbian themed books were disappearing from Amazon's sales rankings. It was then discovered Amazon had de-ranked titles by such acclaimed authors as Gore Vidal, James Baldwin and Jeanette Winterson, as well as a biography of popular and openly lesbian TV host Ellen DeGeneres.

The news quickly spread via Twitter and other social networks. By yesterday, Amazon's public relations were in a world of hurt.

It remains to be seen whether Amazon's latest explanation will placate that chorus of anger.

TORSTAR NEWS SERVICE

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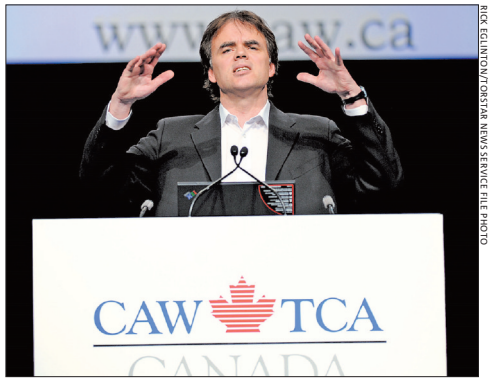
Brampton pizzeria robbed

Two men entered Boston Pizza, at 2458 Queen St. E., west of Airport Rd., around 10 a.m. yesterday and held up an employee, making off with some cash. TORSTAR NEWS SERVICE

Conflicting auto profit numbers in debate

A new analysis by the Canadian Auto Workers union indicates General Motors' and Chrysler's Canadian branches racked up an estimated $36.7 billion in after-tax profits between 1972 and 2007, but one analyst questioned the accuracy of the study's numbers.



RICK EGLINTON/TORSTAR NEWS SERVICE FILE PHOTO

Jim Stanford, a CAW economist, says in a report that the Canadian auto sector as a whole had more than $100 billion in after-tax net income from 1972 until 2007.

The report, written by CAW economist Jim Stanford, relies on the companies' publicly reported profits until 1996. After that, Stanford estimates GM's and Chrysler's profitability based on industry-wide data from Statistics Canada.

The study says the Canadian auto sector as a whole had more than $100 billion in after-tax net income in the 35-year period, and the CAW estimates that included $31.75 billion at GM and $4.95 billion at Chrysler.

Stanford said the study should make people question why GM and Chrysler — both asking for billions in emergency government loans — say they can't afford to pay the legacy costs of retired workers.

"That's not just immoral in my view, it also undermines the legitimacy of the whole pension system," Stanford said in an interview yesterday.

But Joe D'Cruz, a professor at the University of Toronto's Rotman School of Management, said the CAW's numbers may be exaggerated.

"They certainly don't reflect the fact in the last three or four years, both GM and Chrysler have been losing significant amounts of money and that's the current reality," D'Cruz said.

D'Cruz said one of the reasons the companies saw such high profits in the 1990s is because they were "significantly" short-changing their pension funds thanks to a relaxation of funding rules by the Ontario government.

"They're probably underfunded in GM's case in the region of $5 billion to $6 billion over the last several years, so if you take those into account, then GM's profits will be much less than the CAW is estimating," D'Cruz said.

The CAW study says the auto industry was more profitable than any of Canada's other heavy industries in the period examined, including metals, chemicals and aerospace and transportation. The study suggests the auto industry made its largest profits in the late 1990s and only lost money once, in 2002.

THE CANADIAN PRESS

Residents still in hotels after March blaze, no end in sight

DISPLACED Approximately 500 people living in affordable townhouses and condos on Kingston Road near Markham Road are waiting to go home after they were forced to leave following an electrical fire in the early hours of March 19. Building repairs are stalled in a tangle of letters and red tape.

About 80 per cent of them have been staying with family and friends, while the rest are living in hotel rooms paid for by their insurance companies.

Residents are expecting to be out of their homes for several weeks yet, They do not understand the hold up — nor does the lawyer representing the residents in a $30 million class action suit filed against Toronto Hydro and Deltera Construction.

Deltera Construction was to come up with a plan to get people home, but the condo board will not give Deltera permission to go to the city to authorize the work plan.

TORSTAR NEWS SERVICE

Violent assault leads to 4 arrests

ATTACK Four Toronto men in their early 20s face charges including attempted murder after a vicious beating at a party in the Yonge and Eglinton Avenue area early Sunday.

Daniel Anthony Meleca, Samuel Denobrega, Hector Montencinos, all 22, and David Banwat, 21, are each charged with attempted murder, aggravated assault and assault.

They made a court appearance at Old City Hall Courts yesterday.

TORSTAR NEWS SERVICE

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the Bay

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Woman suffers minor injuries after car flips in parking lot

An elderly woman had to be freed from her car after it somehow flipped on its passenger side and got lodged between two parked cars in a North York parking lot. It took police about 30 minutes to free the woman yesterday. The driver was treated in hospital for minor injuries. TORSTAR NEWS SERVICE

Maple Leaf responsible for deaths: CEO

If Michael McCain had known last year what he knows today about the deadly listeria bacteria, 21 lives could have been saved, the president and CEO of Maple Leaf Foods said yesterday.

"It's blindingly clear that Maple Leaf was responsible for the loss of 21 lives," McCain told the Toronto Star's editorial board. "I felt that personally."

While Maple Leaf conducted its own internal listeria tests prior to the outbreak, McCain said the company wasn't rigorous enough about analyzing the results.

"We didn't have a sense of what was high," he said. "We should have ... We weren't asking the government for more rigorous standards. We should have been."

The Maple Leaf outbreak last August triggered a national scare and a public relations nightmare.

With two separate federal investigations into the outbreak underway, McCain is calling for tougher food regulations in Canada and coming clean about an industry-wide lack of scrutiny around the deadly pathogen.

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Coyote seen in Beach still on the loose

ANIMAL The Beach coyote has continued to elude capture by Toronto Animal Services and was spotted again Sunday in the Neville Park Boulevard area.

Toronto Animal Services is believed to be working with a private contractor to capture the coyote alive and move it to a zoo or wildlife refuge. Officials were unavailable for comment yesterday.

The coyote has been spotted several times in the area where homes back onto a steep, tree-covered hill, bounded by Kingswood Road, Victoria Park Avenue, Queen Street East and Bracken Avenue.

TORSTAR NEWS SERVICE

Sister gives up on homeland

SHOT The sister of a prominent women's rights activist shot dead by suspected Taliban militants in Afghanistan said she has given up hope on her tortured homeland and other Canadians should, too.

"The Canadian troops are dying the same way my sister sacrificed herself," said Mawena Maiwand from her Markham home last night.

Maiwand, 55, moved to Canada 17 years ago during the Soviet invasion of Afghanistan. Her younger sister, Sitara Achakzai, had left 10 years earlier. But in 2004 Achakzai returned to Kandahar City.

TORSTAR NEWS SERVICE

News in brief

INVESTIGATION Mystery surrounds the bloody death of a man found hanging out of a car parked in a Richmond Hill driveway. Police were called about 6:30 a.m. yesterday after a passerby spotted the man's body in a white Mazda on Yorkland Street, in the Yonge Street and Elgin Mills Road area. The body was removed before noon and an autopsy conducted, leading police later in the day to label it a "sudden death," adding a more detailed examination was being made and toxicology tests ordered.

TORSTAR NEWS SERVICE

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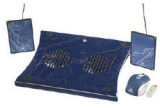

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Two die on highway

Two men are dead after police say one had an apparent heart attack while driving on Highway 7 in Havelock, Ont. The second man — a Good Samaritan who stopped to help the victim — was struck by the victim's rolling vehicle. THE CANADIAN PRESS

Canada

Delays will hurt Navy: Report

A navy report is warning that Canada's fleet of frigates will suffer due to delays in replacing the service's 40-year-old supply ships. A $2.9-billion program to replace the current two supply ships was put on hold in August because bids came in over budget and the Navy decided to refit the two ships for the time being.

THE CANADIAN PRESS

Three charged in Manitoba death

MURDER Three men have been charged with second-degree murder in the death of a male teen in northern Manitoba.

RCMP say the body of Stanley Mackechnie, 17, of The Pas, Man., was found in a townhouse complex in Thompson early Friday evening. An autopsy was done but the cause of death has not been released. THE CANADIAN PRESS

News in brief

CHARGES Calgary police have charged a man with manslaughter in the death of a young boy last month. Police were originally called to a house in the city's southeast after reports of a drowning. Paramedics responded to the home and rushed the two-year-old, who was in cardiac arrest, to the hospital. He was pronounced dead when he arrived. THE CANADIAN PRESS

Prairie towns battle flood waters

MANITOBA A rush of water and shifting chunks of ice three metres high have left many homes along the Red River north of Winnipeg uninhabitable.

And there may be more trouble to come.

"There are some homes that are still sitting under four feet of water and some homes that are not going to be livable again," Steve Strang, the mayor of St. Clements, said via cellphone yesterday as he toured the hardest hit areas of his sprawling rural municipality.

"We're trying to assess things, to get people back into their homes to salvage what they can."

Crews have been battling the swollen Red River for weeks, using ice-breaking machines to try to keep the water flowing and setting down sandbags and dikes to protect properties.

ANDREW WALLACE/TORSTAR NEWS SERVICE

A home surrounded by ice sits empty on the bank of the Red River in St. Clements, Man., yesterday. Massive blocks of ice made homes uninhabitable. Residents were evacuated from the area when flood water and ice threatened their homes.

The Manitoba government promised disaster financial assistance yesterday to cover evacuation costs and losses not covered by insurance. THE CANADIAN PRESS

Police wrap up ground search

Volunteers still hope to find girl

Police, fire crews and volunteers have scoured the southwestern Ontario city of Woodstock around the clock for any sign of a missing eight-year-old girl, but after more than four days police announced their ground search for Victoria Stafford has been completed.

They say they are still hopeful the girl, known to friends and family as Tori, is still alive.

The pretty, blond Grade 3 student vanished after school on Wednesday and police have been looking for her since that evening. The only tangible lead police have discussed publicly is surveillance video from around the time Tori disappeared showing her walking with an unidentified woman.

Tori Stafford

Oxford Community Police have referred to the woman as a "person of interest" rather than a suspect, and have not called Tori's disappearance an abduction.

"Every indication tells us, everyone believes this too, that Tori willingly walked away with an unidentified female," Const. Laurie-Anne Maitland said. THE CANADIAN PRESS

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Seals found dead on N.S. coast likely killed by ice: Officials

Some residents living near a beach not far from Halifax are raising questions about the deaths of about two dozen seals that washed ashore last week. Allan MacLean, a spokesman for the federal Fisheries Department, has said the harp seals were likely crushed by shifting chunks of sea ice. THE CANADIAN PRESS

Murder unsettles city

Few leads in Vancouver homeless man's death

The disturbing killing of a wheelchair-bound homeless man in Vancouver has touched a nerve in a city already coping with an ever-bloodier gang war and the recent murder of a woman jogging through a local park, say police.

Michael Ciro Nestoruk was found dead last Thursday outside a local elementary school. His body was discovered by parents dropping off their children for the day.

The 41-year-old had only one leg and was confined to a wheelchair.

"This has, I think, touched a bit of a nerve in the public, and we certainly want to keep the public aware (of the investigation)," Const. Lindsey Houghton said.

"This has, I think, touched a bit of a nerve in the public.
Const. Lindsey Houghton

Investigators have no leads and little information about what happened and are having difficulty piecing together what Nestoruk was doing in the hours before he died.

Nestoruk's death marks the city's 13th homicide of 2009, and the tally throughout B.C.'s Lower Mainland is higher.

Many of the killings are linked to rising gang violence — but not all. Nestoruk's death happened less than a week after a woman was killed while jogging in a park near the University of British Columbia.

In both cases, investigators have yet to reveal any theories about what happened and have raised the possibility that each could be simply random acts of violence. THE CANADIAN PRESS

Vancouver **Springtime in the city**

DARRYL DYCK/THE CANADIAN PRESS

Alex Zhu photographs cherry blossom trees in full bloom in Vancouver yesterday.

N.B. driver who averted crash fined

SAFETY A New Brunswick man whose actions at the wheel were credited with avoiding a potential highway tragedy says he's being made a scapegoat by provincial safety officials.

Brice Noel was the driver of a 24-passenger minibus that lost one of its rear wheels as 14 members of the Jacquet River Boys Tigers and four parents were returning from a school basketball tournament in Hartland, N.B., in February.

Noel noticed an unusual vibration and pulled over, just in time to see the rear driver's side wheel roll by.

In an interview, Noel said he's since been fined $172 for failure to keep a pre-trip safety log.

Though he holds a Class 1 licence, which lets him drive the minibus, Noel said he and other drivers were never made aware that a log was required for vehicles under 24 passengers. THE CANADIAN PRESS

News in brief

KHADR Omar Khadr's military lawyer was back at his Pentagon desk yesterday following a battle of wills with his superior, who had him fired and locked from his office without access to his files 10 days ago. Lt.-Cmdr. Bill Kuebler said he had resumed work on the case but refused to discuss the issues surrounding his firing and reinstatement. THE CANADIAN

Liberals, NDP throw curveballs at B.C. voters in election campaign

POLITICS The B.C. election campaign starts today, with the Liberals and NDP tossing political curveballs.

B.C. voters can be excused for being a bit confused with the direction of the parties as they prepare to start the campaign for the May 12 vote.

Premier Gordon Campbell's pro-development Libs are touting themselves as friends of the environment and champions of aboriginal rights, while the NDP are pledging to cut the carbon tax and wasteful government spending. THE CANADIAN PRESS

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Holidays

VANCOUVER WEEKEND $599
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INCLUDES roundtrip airfare and 4 nights 3.5-star accom on famous Robson street in the heart of Vancouver. Departs May 21/wsv/ws.

Las Vegas 4 Nights $325
Circus Circus + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Apr 27/swg/wg. **UPGRADE** to 4-star Luxor from $18 per night.

Orlando Family Holiday $269*
Ramada Plaza Hotel Gateway + taxes & fees $210
INCLUDES roundtrip airfare and 7 nights 3-star accom near *Walt Disney World* Resort. Departs Apr 15/ggv/wg. **ADD** 7-day *Magic Your Way* Base Ticket from $298.

London Starter Package $396
Royal National + taxes & fees $382
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast. Travel Jun 5 - Jun 12/vat/ts.

Napa Valley Fly & Drive $569
+ taxes & fees $115
INCLUDES roundtrip airfare into San Francisco, 7-day car rental with unlimited mileage and Napa Valley Wine Country Explorer pass. Select departures in May/ggv/alm. **UPGRADE** to convertible car from $15 per day.

Sun Holidays

VARADERO 4-STAR $545
Mercure Playa de Oro + taxes & fees $210
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 19/swg/wg.

Puerto Plata 4-Star $528
Viva Wyndham Tangerine + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 15/sgn/5g.

Cancun 4-Star $527
Oasis Cancun + taxes & fees $266
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 15/nol/ts.

Mayan Riviera 4-Star $617
Riu Lupita + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Apr 25/sqv/5g.

Hawai'i 7 Nights $849
Ohana Waikiki West + taxes & fees $148
INCLUDES roundtrip airfare and 7 nights 3-star accom steps away from world-famous Waikiki Beach in Honolulu. Departs Jun 3/wsv/ws.

Bali Golf/Spa $2049
Le Méridien Nirwana Golf & Spa Resort + taxes & fees $359
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Vandals torch dozens of army vehicles in Germany

Vandals torched more than 30 army buses, trucks and cars at a military training school in Dresden, causing damage worth millions of dollars late Sunday night. The vehicles burned so furiously that all that remained of them was scorched metal shells. THE ASSOCIATED PRESS

World

President admits love child

Paraguayan President Fernando Lugo, 57, admitted yesterday he is the father of a child conceived while he was still a Roman Catholic bishop. Lugo surprised journalists by acknowledging he had an intimate relationship with Viviana Carrillo, 26, the child's mother — just five days after lawyers for Carrillo announced they were filing a paternity suit against him. The boy was born May 4, 2007. THE ASSOCIATED PRESS

Pakistan's chief OKs Islamic law

SWAT Pakistan's president says he has signed a regulation imposing Islamic law in a militant-plagued northwest valley, agreeing to an Islamic justice system in the Swat Valley in exchange for peace with the Taliban.

President Asif Ali Zardari signed off on the rule after members of the National Assembly urged him to do so in a unanimously backed resolution.

Human rights activists fear Swat will become a militant sanctuary.

THE ASSOCIATED PRESS

NATO air strike killed 6 civilians?

AFGHANISTAN A NATO operation killed six civilians yesterday, including a woman and a young girl, in a mountainous region of eastern Afghanistan, villagers and officials said. But the military alliance said its force killed four to eight "militants."

The governor of Kunar province, Sayed Fazelullah Wahidi, said four men also died in the NATO air strikes. Five houses were damaged, and one was demolished, Wahidi said.

THE ASSOCIATED PRESS

Pirates vow to retaliate

Anger after U.S. navy snipers kill three in rescue of captain

Somali pirates vowed retaliation yesterday for the deaths of three colleagues killed by U.S. navy snipers in the rescue of an American sea captain Sunday.

Their anger raised fears for the safety of some 230 foreign sailors still held hostage in more than a dozen ships anchored off lawless Somalia.

"(U.S. forces have) become our No. 1 enemy." Jamac Habeb, Somali pirate

"From now on, if we capture foreign ships and their respective countries try to attack us, we will kill them (the hostages)," Jamac Habeb, a 30-year-old pirate, told The Associated Press from one of Somalia's piracy hubs, Eyl. "(U.S. forces have) become our No. 1 enemy."

In Washington, U.S. President Barack Obama said he was proud of the U.S. military for successfully rescuing Capt. Richard Phillips.

He also said the United States must halt the increasing threat of piracy.

Sunday's nighttime operation was a remarkable achievement for snipers on a rolling warship in choppy seas, but few experts believe the victory will quell a rising tide of attacks in one of the world's busiest shipping lanes.

The stunning resolution came after pirates had agreed to let the USS Bainbridge tow its powerless lifeboat out of rough water. A fourth pirate surrendered earlier and could face life in an American prison. He had been seeking medical attention for a wound to his hand.

Navy SEAL snipers killed three pirates with single shots. U.S. officials said snipers got the go-ahead to fire after one pirate held an AK-47 to Phillips' back.

The SEALs arrived on the scene by parachuting from their aircraft into the sea, and were picked up by the Bainbridge.

THE ASSOCIATED PRESS

KAREL PRINSLOO/THE ASSOCIATED PRESS

Crew members of the Maersk Alabama react at the Mombassa port in Kenya yesterday after hearing U.S. navy snipers had killed three Somali pirates and freed their sea captain.

UN rebukes N. Korea for rocket test

SANCTIONS The UN Security Council is condemning North Korea's rocket launch and is expanding sanctions against the country. It is the council's first response to the April 5 launch.

All 15 members agreed on the text and the statement was read at a formal meeting of the UN's most powerful body by the current council president, Mexico's UN Ambassador Claude Heller.

The presidential statement is a weaker response than a council resolution, which Japan and the United States wanted — but which the North's closest allies, China and Russia, opposed. THE ASSOCIATED PRESS

Kim

• On Thursday, a visibly greyer and thinner Kim Jong Il presided over North Korea's parliament after months out of the public eye following a reported stroke. Limping slightly, Kim arrived at the 687-seat Supreme People's Assembly to a standing ovation.

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News in brief

NIGERIA Gunmen in 18 boats attacked an oil facility run by Royal Dutch Shell's local joint venture in Nigeria's southern Bayelsa state yesterday, commandeering a naval vessel and killing one sailor, a private security official said.

PLOT A Tennessee man accused of plotting to kill U.S. President Barack Obama says he was wrongly arrested and his home was illegally searched. In a court petition, 20-year-old Daniel Cowart seeks to get government evidence against him thrown out — including information found on his computer and statements he made to investigators.

BASQUE Spain's interior minister says the armed Basque separatist group ETA once considered the idea of trying to shoot down King Juan Carlos' plane or helicopter with him in it. Several CDs found in France at an ETA hideout in 2004 showed the group had considered attacking the king's aircraft with a surface-to-air missile.

THE ASSOCIATED PRESS

Lawyers want photos of mauled woman sealed

Lawyers for a Connecticut woman mauled by a star chimpanzee asked a judge yesterday to seal photos of the victim and her medical records from the public. They will be evidence in Charla Nash's $50-million US lawsuit against chimp owner Sandra Herold. THE ASSOCIATED PRESS

2 die in street battles

Thousands of Thai troops fired warning shots and tear gas to turn back rampaging anti-government protesters last night, forcing demonstrators into one neighbourhood where a clash with residents left two people dead.

The gun battle came after a full day of clashes between the protesters — who are pressing Thailand's Prime Minister Abhisit Vejjajiva to resign — and soldiers across Bangkok. Troops fired warning shots and tear gas at the demonstrators and finally forced most to retreat to their base outside the prime minister's offices.

There, said leaders of the protest movement, made up largely of supporters of ousted prime minister Thaksin Shinawatra, they would make their "final stand."

AP/CHART WEERAWONG/THE ASSOCIATED PRESS

An anti-government protester hugs a soldier yesterday while pleading for soldiers not to use violence against them in Bangkok, Thailand.

Two people died in clashes between protesters and city residents enraged at their violent tactics. More than 100 people were hurt in the more than 12 hours of running street battles — a major escalation of the country's ongoing turmoil.

The unrest caused malls and shops to shutter, and official celebrations for the Thai new year were cancelled. More than a dozen countries issued travel warnings urging citizens to avoid trips to Thailand and for those already in Bangkok to stay in their hotels and away from the protests. THE ASSOCIATED PRESS

21 die in fire at homeless shelter

POLAND A fast-moving fire tore through a three-storey building housing homeless families in northwestern Poland early yesterday, killing 21 people and injuring 20 more, including some who leaped from windows to escape the flames, officials said.

The government declared three days of national mourning. Poland's president visited the site and suggested the construction appeared sub-par and may have contributed to the intensity of the blaze.

There were 77 people registered as residents in the building. All have not yet been accounted for.

THE ASSOCIATED PRESS

On a roll **Obama cheers on kids**

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama cheers on children yesterday before the White House Easter Egg Roll in Washington. The White House allotted tickets for the event to gay and lesbian parents as part of efforts to reach out to diverse communities.

Obama eases Cuba travel, money rules

ANNOUNCEMENT The White House says U.S. President Barack Obama is allowing Americans to make unlimited trips and money transfers to family in Cuba. It said Obama also is easing other restrictions.

Presidential spokesman Robert Gibbs made the announcement during his daily briefing with reporters yesterday.

Gibbs said Obama is helping bridge the gap among divided Cuban families and fulfilling his campaign promises with the changes.

It has been known for more than a week that he would announce them ahead of his attendance this weekend at a Summit of the Americas in Trinidad and Tobago.

THE ASSOCIATED PRESS

News in brief

SHOOTING Police in France say a 65-year-old man who opened fire on three people apparently at random has surrendered. Two of the shooting victims are dead. Witnesses say the man, who had holed up in a house in the town of Douchy-les-Mines after the shootings, surrendered calmly. A police official said the three victims were walking on a street when the man opened fire. The man surrendered to police commandos who had surrounded the home. He turned himself in calmly, coming out of the house of his own volition.

THE ASSOCIATED PRESS

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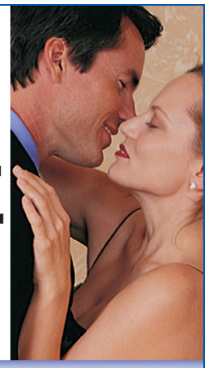
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Comment & Views

Comment

Will Canada ever grow up?

Poll on the recession just out. The West, where Stephen Harper is popular, thinks he is doing a terrific job of handling the economic crisis. Quebec, where he is not, thinks he's doing a terrible job. Ontario and the Maritimes give him a middling rating.

The PM's anti-recession policies are national, not regional. But as the polling results indicate, regional hyper-sensitivities carry the day. They always have, they still do and they probably always will.

The prime minister actually made a good effort at trying to mend the regional divide. In his first term in office he bent over backwards trying to please Quebec, his granting of nation status to the Québécois being no small example.

That won him some respect. But last August, his government introduced nationwide cultural spending cuts.

In the great scheme of things it was hardly big news. But Quebecers, forgetting the PM's positive gestures, took this as a terrible affront. They were also angered that during the parliamentary crisis last fall, he went on about how awful it would be if separatists were part of a coalition government. As leader of the country, you're not supposed to condemn separatists.

Stephen Harper

As a consequence, Harper's stock in the province has plummeted and the country has returned to its century-old divide.

The West in one corner, Quebec in another. For the Conservatives, it started way back with prime minister Robert Borden. He brought in conscription during the First World War.

It took Quebecers decades to forget. The Quebec-born Brian Mulroney brought the province back into the fold for a while but, try as might, he could never satisfy Lucien Bouchard's constitutional demands. Quebecers turned on him in the form of the Bloc Québécois.

The sensitivities in la belle province are matched by those on the Prairies. Mulroney catered to the West, bestowing many a favour, such as the burying of the National Energy Program.

But he was not conservative enough on some economic questions and — good heavens! — he chose Montreal over Manitoba in the awarding of an aircraft maintenance contract.

That was enough to trigger a revolt in the form of the Reform Party.

The Liberals, of course, have never been able to catch a whiff of support in the West ever since the NEP. It's three decades later. Westerners won't forget.

It's the 21st century and the country's great cleavages are as wide as ever. No matter what a prime minister does, the biases run too deep to be unrooted.

Some wonder if we'll ever grow up. They have reason to do so.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Metro Online Poll Results

90% SAID Yes	Would you have booed Billy Bob Thornton's band? *Weigh in on today's question at metronews.ca*	10% SAID No

Views

Reforming health care means reforming illusions

Keith Martin

The biggest hindrance to better health care is our own illusions.

Contrary to public opinion, Canada does not have the best health-care system in the world. We actually rank 26th, but have the fifth highest health-care expenditures. So, which countries fare better than us, and why?

The Canadian Medical Association recently found that 17 of the world's top 20 national health-care systems are European. These world leaders all have mixed systems that combine both public and private providers so everyone is covered. No one has huge medical bills and information technology is widely used.

Using central IT databases to input prescriptions has led to less drug abuse, greater oversight and increased transparency. Also, the efficient integration of public and private services has actually drawn on the strengths of both systems so patients can access the care they need without expensive bills. Countries have even been able to expand coverage to include global prescription drug coverage. The introduction of healthy competition has spurred innovation, better care and cancelled out inefficiencies in the health system.

In Europe, patients are placed at the centre of the health-care system. Hospitals are motivated to attract patients and provide optimal care because they receive funding and resources for services rendered instead of block-funding. Money is then freed up for prevention, health promotion and other initiatives that reduce the demands on the system.

"Canada does not have the best health-care system in the world."

When Europeans hear that Canadians tolerate atrocious waiting lists of nine to 12 months or more for care they are shocked. Unfortunately, the debate around health-care reform in Canada remains mired in the false assumption that changes to our current system would result in a U.S.-style system. Policy-makers have chosen to look the other way rather than act, and as a result Canadians are suffering a decline in access to care.

Canadians must fully grasp the following truths:

- An aging population and more expensive technologies are exhausting the supply of government money for health care. This structural shortfall will be exacerbated by the global economic downturn.
- The Canada Health Act, and its five principles (public administration, comprehensiveness, universality, portability and accessibility), is broken in every province, every day.

We actually have a mixed system, but it is not integrated in a way that supports our public system. As such, the status quo is contributing to the creeping privatization of our public system.

If we fail to modernize our health-care system and live with the illusion that we have the best system, more and more people, particularly those of modest means, will fail to receive the care they need. We can have the best health-care system in the world, but we must have courage and not fear change.

Dr. Keith Martin has been the Liberal MP for Esquimalt-Juan de Fuca on Vancouver Island for 16 years. He worked as a physician in emergency medicine and general practice from 1987-2006.

Letters

It's buy Canadian for a reason

Re: We need strategies not buy Canadian mantra (April 9)

In dismissing calls for "buy Canadian," Christine Williams presents globalization as not only an accomplished fact, but an unquestionably positive system.

But she fails to consider any of the actual reasons why people would want to buy Canadian made goods. A national economic development program that ties domestic production to domestic consumption is more of a safeguard of jobs than gambling on the international economy, especially when Europe, the U.S. and Japan are all doing the same. When we buy from other countries, we take a risk with products produced where standards are not only lower, but are not subject to any input from us.

JAMES EDE, TORONTO

It's your turn to tell others what you think. Email your thoughts and opinions to: torontoletters@metronews.ca
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Restaurant franchiser proposes to swallow Country Style
MTY Food Group plans to add the 490-outlet Country Style Food Services Holdings operation to its 1,000-plus roster of franchised restaurants, picking up the tab in cash. MTY said the Country Style quick-service chain had $94 million in sales in the past year. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

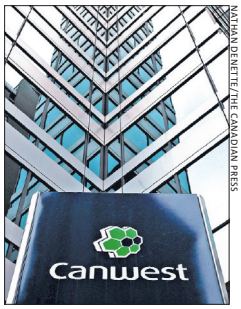
Moody's sees Canwest missing debt payment

DEADLINE Moody's Investors Service has downgraded Canwest Media Inc., a key part of Canwest Global Communications Corp., and said it's unlikely it will repay $30.4 million of interest due today.

The Winnipeg-based media company is heading toward its latest deadline to make the overdue note payment to bondholders, who hold $761 million US in debt — about one-fifth Canwest's total debt.

The company also has an extended April 21 deadline from the secured lenders, who could demand immediate repayment.

Canwest has received several extensions on its repayment deadlines partly because it has shown lenders that it's struggling to sell off non-core assets in a difficult environment.



NATHAN DENETTE/THE CANADIAN PRESS

Canwest shares touched a historical low of 22.5 cents yesterday before closing down seven cents at 25 cents on the Toronto Stock Exchange.

Some observers have suggested the company is only making futile attempts to find buyers, and has practically given up on the sale process.

THE CANADIAN PRESS

Pessimism lower: Study

Canadian businesses remain gloomy about their prospects over the next year, although they're not quite as negative as three months ago, the Bank of Canada said yesterday.

The central bank's quarterly survey of 100 firms found business sentiment "negative" across a range of issues, such as sales volumes, product pricing, investment intentions and credit conditions.

And a separate survey of lenders by the Bank of Canada found the cost of obtaining credit and conditions remained a problem.

The only good news was that business sentiment wasn't as bleak as three months ago, when the winter survey recorded the lowest level since the survey began in 1997.

"The balance of opinion for both past and future sales remain markedly negative, although no longer at record levels," the bank said in its report.

"As in the winter survey, many firms expect a decline in their sales volumes over the next 12 months."

THE CANADIAN PRESS

Labour front

- Even though Canadian firms have shed 270,000 jobs in the first three months of 2009, the Bank of Canada survey showed that firms expected their level of employment 12 months from now to be essentially the same.

Business in brief

BUYOUT After a sharp increase in the share price of Universal Energy Group, the Energy Savings Income Fund disclosed yesterday that it intends to acquire the retailer of natural gas and electricity and producer of ethanol. Each Universal Energy share would be exchanged for 0.58 of an Energy Savings unit.

TAKEOVER French oil giant Total has bumped up its takeover bid for Calgary-based oilsands player UTS Energy Corp. to $829.8 million, but a major UTS shareholder says the offer is still too low. THE CANADIAN PRESS

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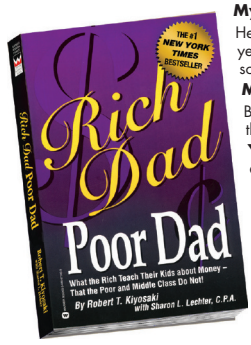

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He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.
My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.
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One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.
Both men offered me advice, but they did not advise the same things.
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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Is it a hobby or business?

MoneyMatters

Q I've worked in retail for more than 10 years but I enjoy designing women's fashion. This year, I spent more than $6,000 for materials, equipment and travel. I give my designs as gifts to family and friends. I was advised by a colleague to register a business and claim the expenses on my tax return. Are these deductible?

— Talia

A With layoffs continuing at record numbers, many individuals find creative ways to earn income. Many entrepreneurs are born because of increased unemployment. The Canada Revenue Agency website describes factors that distinguish between a business and a hobby.

Expenses incurred for the purpose of earning business income can be deducted for tax purposes. These would include but not limited to such cost as office supplies, accounting/legal fees, travel expenses, advertising and marketing, material costs, etc. Cost incurred for the personal enjoyment of an individual's hobby are not deductible for tax purposes.

The act of registering a business in itself does not necessarily qualify expenses deductible for tax purposes.

Individuals involved in "hobby" activities such as artist, musicians, photographers, writers and the like should be diligent that their activities are commercial in nature for claiming expenses.

Keep receipts, proper books and records in the event of an audit by the enforcers of our tax system. Legitimate commercial activities should not be denied deductions because of the nature of the activity.

Here are some factors used in determining if expenses are deductible for tax purposes:

- Expenses incurred for earning income
- Reasonable expectation of profit
- Intention of individuals
- Time devoted to business enterprise
- Capital utilized

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

Being bold is beautiful

Take initiative in finding discounts on regular purchases

SmartCookies

In the past week, one of the Smart Cookies negotiated her dentist bill (15 per cent off), while another negotiated her parking ticket from $60 down to $15. We're not afraid to ask.

Admittedly, however, there was a time when we thought trying to negotiate a better price might make us appear cheap, rude or worse — embarrassed if we were turned down.

Now is the time though to negotiate on just about everything. To help you keep more money in your pocket, we've listed a few simple strategies to make the most of your negotiating:

Be Realistic

Don't go in and ask to get something half price off up front. Let the retailer name their best offer and work from there. You might come in too high and offend or too low and leave cash on the table.

Be nice

The old adage you catch more flies with honey applies to money as well. You get more savings with a smile.

One at a time

If you're looking to get a group discount, negotiate the price of one item down first. For example, if you were looking to get a group of dresses (for a wedding, say), first negotiate a single dress down and then explain you are interested in buying more and the price should drop even further.

Pick the best day of the week

Think about when you're happiest and it's probably towards the end of the week. That's also when retailers are likely at their happiest and most accommodating as well. Thursday and Friday are often the best days to negotiate on price.

On the flipside, make an appointment for a salon or service in the first half of the week (salon's slow days) and you may be able to negotiate a 10 to 20 per cent discount. Referring new customers could also earn you a price break.

Most people don't want to appear cheap but if you really want to keep more in your wallet, prepare yourself to push for savings.

Mom and Pop shops

Whenever you're buying from the owner, discounts are easier to get than in chain stores. Mom and Pop shops are also more likely to work a deal with you. They want to deter you from shopping at the big box stores and will have more flexibility to make a price change.

Cash is king

Vendors typically pay a processing fee when you use your card so they are more likely to cut you a deal using cash. Many times, it's possible to also negotiate the tax off if you are using cash.

Other free stuff

If you don't get a discount, see if they can throw in anything additional. Free delivery, extra perks, etc.

Have a tip for the Smart Cookies? Email us at smartcookies@metronews.ca. Visit smartcookies.com or pick up Smart Cookies Guide to Making More Dough for more on saving and smart spending.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small looks into the big U.S. banks and the current bull run. To read the column, visit metronews.ca/investing

No purchase necessary. One entry per person per day. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 20, 2009. Approximate retail value of prize is $6,000 CAD. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

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Mark (The Bird) Fidrych dies

Former all-star pitcher Mark (The Bird) Fidrych died in an apparent accident yesterday at his farm in Massachusetts. He was 54. The colourful right-hander was the American League rookie of the year for the Tigers in 1976. METRO NEWS SERVICES

Sports

Phillies broadcaster Kalas dies

Longtime Philadelphia Phillies broadcaster Harry Kalas died yesterday after being found passed out in the broadcast booth before a game in Washington against the Nationals. He was 73. Kalas had surgery earlier this year for an undisclosed ailment that the team characterized as minor. Kalas, whose signature home run call was "Outta here!" also did voice work for NFL Films and Chunky Soup commercials. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Blue Jays Litsch leaves game

PAUL BATTAGLIA/THE ASSOCIATED PRESS

Jesse Litsch pitches last night against the Twins in Minnesota. Litsch gave up four runs on seven hits before leaving the game in the fourth inning after straining his forearm. For a complete game recap, visit www.metronews.ca/sports.

Bosh wins it for Raptors

NBA RESULT

Raptors 97 Wizards 96

VS WIZARDS

THE SKINNY: Chris Bosh hit the go-ahead three-pointer with 9.9 seconds left as the Raptors rallied to beat the Washington Wizards 97-96 last night. The three was Bosh's first since March 6.

FURIOUS COMEBACK: Trailing 93-80 with 6:30 remaining, Toronto outscored Washington 17-3 to pull out the victory. Former Raptor Juan Dixon's late turnover gave the Raptors the chance to win it.

STATISTICALLY SPEAKING: Bosh had 25 points and 15 rebounds for his 42nd double-double of the season, tying his 2006-07 franchise high. Shawn Marion also finished with 25 and 15.

BARGNANI SITS: Andrea Bargnani, who's been hampered by a sore left heel, sat the game out. Bargnani played the Raptors' final home game of the season Sunday against Philadelphia, but coach Jay Triano said he wouldn't play him on consecutive days. He's expected back for the season finale tomorrow.

DOUBY STAYING: Earlier in the day, the Raptors signed guard Quincy Douby for the rest of the season and for the 2009-10 season.

THE NEXT GAME: The Raptors finish the season tomorrow in Chicago against the Bulls (8 p.m., The Score, FAN 590). THE ASSOCIATED PRESS

NICK WASS/THE ASSOCIATED PRESS

Chris Bosh fights for the ball with Darius Songaila last night.

Sports in brief

MLB Former Blue Jays second baseman Orlando Hudson hit for the cycle yesterday as the Los Angeles Dodgers crushed the San Francisco Giants 11-1. METRO NEWS SERVICES

SCOREBOARD

NBA

YESTERDAY'S RESULTS

TORONTO 97 Washington 96
Cleveland 117 Indiana 109
New Jersey 91 Charlotte 87
Chicago 91 Detroit 88
Orlando at Milwaukee
New Orleans at Houston
Minnesota at Dallas
Sacramento at Denver
L.A. Clippers at Utah
Memphis at Phoenix
Oklahoma City at Portland
San Antonio at Golden State

MLB

YESTERDAY'S RESULTS

Chicago White Sox 10 Detroit 6
Chicago Cubs 4 Colorado 0
L.A. Dodgers 11 San Francisco 1
Philadelphia 9 Washington 8
Pittsburgh 7 Houston 0
San Diego 6 N.Y. Mets 5
N.Y. Yankees at Tampa Bay
Baltimore at Texas
Toronto at Minnesota
Cleveland at Kansas City
Boston at Oakland
Cincinnati at Milwaukee
St. Louis at Arizona

For more sports coverage visit **metronews.ca**

Bills in T.O. ticket prices slashed

It's going to be cheaper for fans to watch the Buffalo Bills play in Toronto this year.

Citing "challenging economic times," organizers said yesterday that ticket prices have been reduced by an average of 17 per cent, with 36,000 seats selling for less than they did last year.

Tickets will go for between $99 to $275, topping out at $495 for the VIP seats.

Only the 100 seats that went for $75 last year went up in price to $99.

The date and opponent will be announced today.

Last year, seats ranged in cost from $75 to $295, with VIP tickets soaring to $575, leading to difficulties selling out the Rogers Centre, which seats about 54,000 for football, and criticism from fans.

"This price adjustment, developed in conjunction with the NFL and the Bills, is a result of that feedback," Phil Lind, vice-chairman of Rogers Communications Inc., said in a statement.

"Sports leagues and teams around the world are taking similar steps to make their products more accessible." THE CANADIAN PRESS

DAVID COOPER/ROCKSTAR NEWS SERVICE

Tickets at last year's game ranged from $75 to $295.

Whitner charged

- Bills defensive back Donte Whitner has been formally charged with aggravated disorderly conduct and resisting arrest for his role in an altercation outside a Cleveland club Saturday. Police handcuffed and used a stun gun on Whitner after he forced his way past them and then broke free from officers. No court date has been set.

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Avs axe GM

The Colorado Avalanche fired general manager Francois Giguere yesterday, saying fans "deserve better" than this year's last-place finish in the Western Conference. THE CANADIAN PRESS

The first round: A quick look

The playoff teams were decided before the final weekend of the NHL season, but the matchups weren't set until after the last regular-season games were completed Sunday.

Here's a quick look at the opening round matchups in the NHL playoffs:

Eastern Conference

Boston (No. 1, 53-19-10) vs. Montreal (No. 8, 41-30-11)

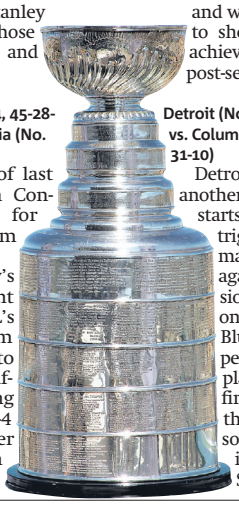
The old rivals meet in a playoff series for the second straight year and 32nd time overall. This series is a reverse of last spring, when the top-seeded Canadiens edged eighth-ranked Boston in seven games.

Washington (No. 2, 50-24-8) vs. N.Y. Rangers (No. 7, 43-30-9)

Alex Ovechkin takes Broadway. The league's most dynamic goal-scorer couldn't really get a much better playoff stage than Madison Square Garden. Henrik Lundqvist could be a difference maker in this series and Sean Avery is sure to get plenty of attention as well.

New Jersey (No. 3, 51-27-4) vs. Carolina (No. 6, 45-30-7)

Many had the Devils pegged as Eastern Conference favourites until they limped to the finish. Carolina has won two of the three playoff series between these teams and reached the Stanley Cup both of those years — 2002 and 2006.



Pittsburgh (No. 4, 45-28-9) vs. Philadelphia (No. 5, 44-27-11)

A rematch of last year's Eastern Conference final for the rivals from Pennsylvania. Sidney Crosby's Penguins might be the NHL's hottest team heading into the playoffs after compiling an 18-3-4 record under coach Dan Bylsma.

Western Conference

San Jose (No. 1, 53-18-11) vs. Anaheim (No. 8, 42-33-7)

The first playoff series between two NHL teams from California since the Los Angeles Kings beat the Oakland Seals in seven games in 1969. San Jose was at the top of the league for almost the entire regular season and will be looking to shed its underachiever label from post-seasons past.

Detroit (No. 2, 51-21-10) vs. Columbus (No. 7, 41-31-10)

Detroit's quest for another Stanley Cup starts with an intriguing matchup against a division rival. Not only are the Blue Jackets appearing in the playoffs for the first time ever, they're doing so with a rookie goaltender. Steve Mason turned 20 just weeks ago and had a league-leading 10 shutouts this season.

Vancouver (No. 3, 45-27-10) vs. St. Louis (No. 6, 41-31-10)

The Canucks did well to reel in Calgary and capture the Northwest Division title. Now they'll want to put home ice to good use. Roberto Luongo's team faces the Cinderella story of the NHL after St. Louis climbed from last place in the West at the all-star break to an unlikely playoff position.

Chicago (No. 4, 46-24-12) vs. Calgary (No. 5, 46-30-6)

Which Flames team will show up? Calgary has been among the more unpredictable teams this season, looking brilliant during some stretches and awful during others. There should be plenty of enthusiasm in this series as playoff hockey returns to the Windy City for the first time since 2002. Chicago has fallen back in love with its Blackhawks in the process. THE CANADIAN PRESS

Leafs hoping for lottery luck tonight

NHL Growing up in Saskatoon, wherever Luke Schenn went, kid brother Brayden followed.

Coming up in this June's draft, the same thing might happen. There's a distinct possibility that Brayden, a centre with the Brandon Wheat Kings, will follow his big brother, not just to the NHL, but to the Maple Leafs.

Brayden Schenn

"It would be unbelievable," said Luke. "Obviously, playing with him in Toronto would be pretty cool"

They play shinny in the summer together, but they haven't been on the same team since novice.

"Novice was a long time ago," said Brayden. "The possibility of the Leafs drafting me, that'd be nice. But I'd be happy with any of the 30 teams."

The NHL will release its final ranking for prospects today, in conjunction with tonight's draft lottery to determine the order of the June draft.

Among the 14 non-playoff teams with a chance to better their draft position, the last-place New York Islanders have the best shot — at 48.1 per cent — of retaining the first overall pick. London Knights centre John Tavares is the consensus first pick by scouts, with Victor Hedman second.

The Leafs hold the seventh spot, and have a 4.7 per cent chance to move up to third under the weighted lottery system that gives non-playoff teams a one-time chance to move up four spots. That's about where scouts say Brayden Schenn will fall.

It's anyone's guess who Leafs GM Brian Burke would take. Having drafted the Sedin twins in Vancouver suggests he's not opposed to having brothers in the same locker room.

TORSTAR NEWS SERVICE

Milestones in White Sox romp

MLB Jermaine Dye and Paul Konerko reached 300 career homers with consecutive drives in the second inning yesterday as the Chicago White Sox beat the Detroit Tigers 10-6.

THE ASSOCIATED PRESS

Jermaine Dye is congratulated by Paul Konerko.

Carlos Quentin went 4-for-4 with two homers and four RBIs for the White Sox, who earned their third straight win. Dye went 3-for-5, and Konerko finished with four hits and three RBIs.

Dye and Konerko became the first teammates to hit century milestone home runs of at least 300 in the same game, according to Elias Sports Bureau.

Dye hit a 2-1 pitch from Zach Miner (1-1) over the wall in left-centre leading off the second. Konerko went deep on a full-count offering to make it 2-0. It was the second homer of the year for both.

THE ASSOCIATED PRESS

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Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Boki, the one-and-a-half-year-old French Bulldog, submitted by a loyal Metro reader.

Workology

Best lecturer announced

Rod Carley of Canadore College, North Bay, has won the title of Ontario's Best Lecturer, as chosen by TVO viewers and the Best Lecturer jury in TVO's 2009 Big Ideas Best Lecturer Competition. Carley and his lecture was featured in Metro's Workology section on March 25. To read the article, which is about Shakespeare as seen through a Canadian perspective, visit Metronews.ca/work.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Finding diamonds in the poop

Paws and **Claws**

JON TATTRIE
for Metro Canada

It takes a special kind of person to turn turds into money, but a brave brotherhood of poop scoopers do just that.

To celebrate International Poop Scoopers Week (April 1-7), Metro got the inside scoop from the professionals who pick up where your pet left off.

Alain Gauthier has been tidying up backyards in Toronto for 10 years. A dog-trainer by trade, he was inspired by an ad he saw for the U.S. doody giant Pet Butler.

Reached on his cellphone as he patrolled a customer's yard, Gauthier said the business has taken off.

"Poop Patrol has flourished bigger than my training," he said. "You need to be an outdoors person. (You have to like) the birds, the foxes, the rabbits; the nature around you. If you'd prefer to be in a cubicle, it's definitely not for you."

Gauthier has more than 100 regular clients and three scoopers working for him. Poop Patrol got so successful he no longer had to scoop himself but, after a little break, he returned to the trenches.

"I missed the thinking time. It's a great time to zone out, do the work and think and dream," the philosopher-scooper said. "I also started gaining weight. It's a great way to stay physically active while getting paid."

He gives staff a two-day training course covering the health basics and how to read dogs and work with customers.

"Most of my employees are seniors," he says. "Seniors are the greatest. They have a good work ethic, they're not in a rush — they're careful and take pride in their work."

Mic Melanson is also hoping to scoop to conquer. The Halifax man recently opened Scoopy-Poo, an East Coast pet waste removal company. He packed in his job in express delivery to start collecting less pleasant packages.

He had his epiphany when he missed a golf tee time because he got sidetracked cleaning up after his dog.

"It's not that I didn't like doing it, but that I didn't have time to do it. When I resigned, I had lots of time to do it," he explained.

He's had some doozies: One lady had five dogs in a small run.

"There was six to eight inches of poop on the patio, yard, everywhere. I was there for about three hours," Melanson said. "Other people see poop; I see money."

For more of the Paws and Claws exclusive series check Workology frequently or stop by:
metronews.ca/work

Last week was International Poop Scoopers Week, Metro talked to a few in the trade and asked them why they do what they do.

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Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Whiley, the 10-year-old Husky-German Shepherd mix, submitted by a loyal Metro reader.

The four legs of the law

Humane Society worker Tre Smith tells Metro about his calling

Paws and **Claws**

RAFAEL BRUSILOW
for Metro Canada

Like any skilled investigator, Tre Smith follows up leads, collects evidence, pursues suspects and upholds the law — his clients just tend to have four legs instead of two.

As a senior agent and lead investigator for the Toronto Humane Society, Smith roots out incidents of animal cruelty and makes sure perpetrators get punished and animal victims get the care they deserve.

"You just know you're doing something right."
Humane Society worker Tre Smith

Animal cruelty is a criminal offence under the Criminal Code of Canada, with punishments of hefty fines and up to five years in jail possible for the worst offenders, making investigators like Smith an important part of law enforcement.

Despite all the terrible things he sees on the job — pets who have been beaten, stabbed, punched, hit with hammers or just left in life-threatening heat inside a car — Smith, 38, says all of it is worth it for the chance to rescue animals in need.

"It's a horrible feeling to come across an animal in a bad situation. Emotionally, your guts inside are just churning but the best thing about my job is to see that animal walk out the front door, wagging its tail, going home with a family that's going to give it the love it deserves. It's such a feeling of accomplishment," Smith said.

Smith's office gets 4,000 calls and tip-offs each year about potential animal cruelty and while he says some end up being revenge calls from ex-spouses or disgruntled neighbours, the majority end up being legitimate. His most famous case, which garnered media attention two summers ago, involved a Rottweiler named Cyrus who was locked inside a car in Toronto's Parkdale neighbourhood, which a Good Samaritan reported.

RAFAEL BRUSILOW/FOR METRO CANADA

Humane Society worker Tre Smith seen here with a Shih-Tzu puppy in front of a wall of posters for missing pets.

When Smith arrived he found the dog slumped over, foaming at the mouth and minutes away from death inside a car that read 73 degrees Celsius on Smith's handheld temperature gauge. Smith smashed the window to get the dog out and the owner eventually plead guilty to animal cruelty. Cyrus has since recovered and now lives with a foster family.

Smith's uniform is not just for show — along with pepper spray and a baton he carries for defence, the bullet-proof Kevlar vest he wears reveals a more dangerous side to his job than many people would expect.

"When I roll up to tell somebody to do something with their dog, it's not always warmly received," Smith said.

Smith got his law and criminology degree from York University and worked volunteer law enforcement and private security positions for years before joining the Humane Society as an investigator. As an avid animal lover and dog owner himself, he says keeping animals safe is something that runs in his blood.

"It's a calling in life that's hard to explain to those who don't have it. You just know you're doing something right," he said.

For more of the Paws and Claws exclusive series check Workology frequently or stop by:
metronews.ca/work

Metro readers'
Best friends

• Metro would like thank everyone who has sent in a picture of their pet, we'll try to publish as many as we can throughout the month of April.

Baby, the Chow-Retriever mix, often visits people in nursing homes.

Clayby, the year-old Maltese, is usually romping on the couch.

Gizmo is a one-year-old Yorkshire Terrier-Chihuahua mix.

Hunter here is big on keeping warm.

Here's Isobel, the four-year-old Shih-Poo.

Here's Lucy, the two-year-old Jack Russel Terrier.

Another Lucy, this one is a Bull Terrier.

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Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on May 12.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Overseas adventure a life lesson

RAFAEL BRUSILOW
for Metro Canada

Studying abroad might seem like a daunting goal, but the rewards you gain and the lives you touch can stay with you for a lifetime.

Studying abroad can be a highly rewarding experience for all involved, experts say.

While you do have to wade through some paperwork and plan ahead financially, studying and doing work placements abroad can be a great way to combine adventure, personal growth and life-changing experiences.

Sabrina Lucifero, international student affairs co-ordinator for the John Molson School of Business at Concordia University in Montreal, says studying abroad can be a highly rewarding experience for students because the life experience they gain can be a huge advantage in both their personal life and the boardroom.

"Students come back with a variety of experiences both academic and business related and they're able to grow on a personal level as well," Lucifero said.

With more employers looking for candidates that have broader life experiences under their belt and can show greater professional and personal maturity, Lucifero says more universities like Concordia are encouraging students to consider heading abroad.

Of course not all learning happens exclusively in the classroom. For students interested in letting their studies have a direct, positive impact on the lives of the people they meet, co-op programs exist, which let you gain valuable field placement experience while helping people in need.

Lynn Caruso is co-ordinator at Seneca College in Toronto for the Students Crossing Borders program, which takes volunteers to communities in Jamaica during the summer to help build and maintain communities in some of Jamaica's most impoverished areas.

Caruso also co-ordinates an early childhood education program and says helping communities in need abroad can be an excellent way to expand your horizons while giving of yourself to help others.

"It's a really great way to get exposed to what's going on in the world — it's about stepping outside of your comfort zone and finding out what it's like to help people in need," Caruso said.

If you do plan on studying abroad, Lucifero says you should keep a few things in mind:

- Start getting documents together well in advance (Lucifero recommends at least four months).
- Keep your grades up — most study abroad programs and partner schools require a GPA in the vicinity of 3.0 to be accepted.
- Research your chosen destination country and its schools to find a program that matches your needs.
- Start financial planning early.
- Make sure the credits you gain at the foreign school will transfer to your home school.
- Get testimonials from students who have already gone through your program.

Working abroad can help build desirable global career skills

NOELLE MUNARETTO
for Metro Canada

If your friends and family describe you as curious or adventurous, expanding your emotional and physical boundaries by working abroad might just be a step in the perfect direction.

Over the past 30 years, international exchange program SWAP Working Holidays has connected adventurous youth with overseas opportunities.

"This is for people who are interested in the world and who are not satisfied to remain in Canada for the rest of their lives," says David Smith, SWAP's director.

Youth registered with SWAP get help with everything from visa paperwork to destination planning. Partner offices at overseas locations assist students when it comes to finding jobs, navigating accommodations and making friends.

Jean-Marc Hachey, the author of the bestselling book The BIG Guide to Living and Working Overseas, says working abroad can also help boost your resumé.

"The number of jobs requiring international experience has risen exponentially each year for the last 10 years," he says. "Everyone needs global career skills. Eventually, almost every job will have an international component to it."

On top of that, Hachey says another personal payoff from travelling abroad comes from experiencing a new environment.

"It's addictive to meet people from other cultures and social groups," says Hachey. "Your life will change forever with the insights you learn travelling and working abroad."

Former animator Chris Hudson got the travel itch after falling in love with Japanese culture.

"I was feeling my life was a little stagnant. Like I wasn't doing what I was supposed to be doing," says Hudson, reflecting on his career in Toronto.

After a three-week vacation in Japan, he decided to return to the country as an English teacher on a one-year work visa.

Hudson, who is now back home in Ontario, had such a great time that he plans on returning overseas at the end of the month. He also emphasizes that travellers must prepare themselves for possible setbacks.

"Right off the bat, one of the first things I realized when I arrived was that everything I set up didn't quite turn out the way I expected," he says.

But, with careful planning and a secure job offer, Hudson says working abroad can be a positive experience.

"I can definitely say Canada is a great place. But to be honest, I'm not as excited when I'm here," he says. "(Abroad) you have a chance to fail. And that's part of the excitement."

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BE JOB READY IN MONTHS!

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on May 12.

College's program a success

ERIC EMIN WOOD
for Metro Canada

As co-ordinator of Sheridan College's musical theatre performance program, Greg Petersen has difficulty containing his pride in his students.

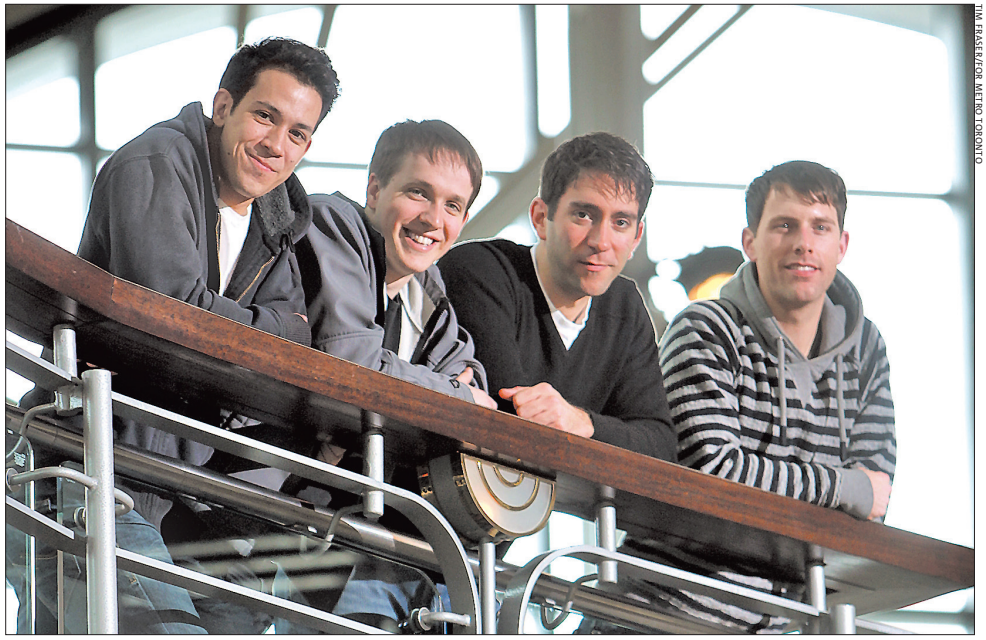
"We have them in every major production," he says. "We've got students on Broadway, we've got them on the West End in London, we've got them at festivals here in Canada. I hate blowing my own horn, but it's really a fine program."

Petersen attributes the program's success to several factors; one is the faculty. Instructors must have experience teaching and experience in the industry — the two are not necessarily identical, he says. "When you have experience in the industry, great, but you need to know how to mentor," he says.

Another is the number of students who audition — the school receives more than 400 applicants each year. "We've had a casting agent for Disney's theatrical division saying we're one of the main three or four sources (of musical theatre performers) in North America," says Petersen.

Also, while the program trains performers to be a "triple threat" — that is, students study singing, acting, and dance — students also study commercial performance, such as jazz, pop, or rock, and musical discipline, in which students learn theory.

Notable graduates include Chilina Kennedy, set to play Maria in this year's Stratford Festival production of West Side Story; Michael Tarrio, who played Tommy Douglas in CBC's TV movie The Tommy Douglas Story; and several members of DanCap's current production of Jersey Boys (see story at right).



TIM FRASER/FOR METRO TORONTO

Sheridan musical theatre grads and Jersey Boys stars, from left: Bryan Hindle, Aaron MacKenzie, Matt Cassidy and Michael Lomenda.

Sheridan grads hit it big

Musical theatre alumni now starring in Jersey Boys

BRIAN TOWIE
for Metro Canada

Wearing sharp suits, swearing like sailors and winning over audiences with the hits of yesteryear — it's an average day at the office for four Toronto boys.

The four actors in question — Michael Lomenda, Matt Cassidy, Bryan Hindle and Aaron MacKenzie — currently find themselves not too far away from their old alma mater, Sheridan College's musical theatre program, as they make up part of the Canadian cast of Jersey Boys, playing at the Toronto Centre for the Arts. The Tony-, Grammy- and Laurence Olivier-award winning musical, which now has productions in major cities across the world, chronicles the lives and careers of Frankie Valli and The Four Seasons, one of the most successful pop groups of all time.

"It's incredible. After the show, you see these groups of ladies at the stage door," says Hindle. "The tunes are fantastic, but it's not just a jukebox musical. There's a lot of good material to dig your teeth into as an actor. We're very lucky."

Though they do make it look easy, the actors will admit that cramming more than 30 years of music history into a scant two-and-a-half hours is no small order. With the exception of Lomenda, who the other three call "the lucky one," understudying for various roles is required. All parts demand uncompromising mastery of the late '50s, early '60s pop genre, along with the mannerisms and dialect of the characters. Add the duty of moving set pieces between the scenes, and you've got a seamless production racing at breakneck speed, on and off-stage, with no room for error.

"It's all about staying out of the way of the train," says Lomenda (this comment earns a collegial chuckle from the rest of the group). "We've got the added job of making the transitions between scene to scene very fluid. There's so much more that goes on backstage that you don't see and yours is to go with the flow."

The parallels between script and life are not lost on the cast. As performers playing performers, the actors had an open door into the mental and physical tolls that show business and the road took on four working-class Italian kids from New Jersey's hard-boiled streets. A life under the Leko lights is not an easy one. It entails long hours of work, often with little to no job security, and frequent uproots, which can isolate tremendously. The profession has a high burnout rate, and MacKenzie notes that it's integral to stay healthy and keeping your feet on the ground. "There's a lot of drama in drama," he says.

"I think the average career lifespan is around five years," adds Cassidy. "You really have to love it if you're going to last. Acting isn't a job so much as it is a lifestyle choice, a vocation. You constantly work to improve your craft, but it brings great joy."

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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on May 12.

Paramedic program a hit at Centennial

STEPHANIE LAKE/CENTENNIAL COLLEGE

Centennial paramedic students participate in a training exercise as part of Extrication Day at a Pickering junkyard last fall.

DAVID CHILTON
for Metro Canada

Abdullah Muhaseen has a degree in psychology and neuroscience from the University of Toronto, so he knows a bit about the brain. But what he didn't expect was how taxed his grey matter would be vying for a place in Centennial College's paramedic program.

"I just didn't anticipate how competitive it was to get accepted," says Muhaseen, 24, who graduates from the two-year full-time program in May.

Every year, between 1,000 and 1,500 men and women from across the province apply for a place in the program, but little more than 100 are accepted.

Walter Tavares, the program's co-ordinator, says applicants are selected solely on their academic results and, although the majority of his students have a degree, it's not mandatory. Still, being accepted is just the start of the process. There's also a written test, an interview and a "lift" test, and students must also have valid CPR and First Aid certificates.

Only 21, Megan Bulario was one of the youngest students in her class, and graduated from the program in 2008. Bulario, who now works for Peel Region EMS, says it was a "real step up" from high school. "The work is tough, but there's tons of help available," says Brampton's Bulario.

Bulario, who enrolled at Centennial a year after leaving high school, says she particularly enjoyed the program's clinical and field placements. "You actually get to do what the books are telling you to do," she says. Bulario did her clinical placement at Scarborough Grace Hospital. It was a chance to learn what happens when a paramedic delivers a patient to a hospital. She spent time observing in emergency, the labour ward, accompanying a respiratory therapist and so on.

She spent time in the back of a real ambulance as well. Not on the road, but set up at Centennial where a sophisticated manikin could simulate just about any medical condition.

Right now, Toronto-raised Muhaseen is also hard at work learning by doing, completing the 450-hour work placement all students take in their second year. With a qualified paramedic supervising him, Muhaseen goes out on actual Toronto EMS calls so he knows what to expect when he's on his own. But before that, he and all new graduates must pass a six-hour provincial certification exam before the EMS hiring them rolls out yet more tests of its own.

Humber nursing students head to Africa

NOELLE MUNARETTO
for Metro Canada

HUMBER COLLEGE PHOTO

From left: Janet Jeffery, Nicole Brisebois, Preety Randhawa, Sylvia Wojtalik, Fredricka Distin and Dion Wilson.

For their final-year practicum, Humber College practical nursing students Nicole Brisebois, Preety Randhawa, Fredricka Distin and Dion Wilson could have opted to work in one of Toronto's well-equipped hospitals.

Instead, on April 1, the quartet packed their bags, hopped on a plane and travelled more than 12,000 kilometres to Arusha, Tanzania.

"Being (in Toronto), and doing your clinical here, you're in a structured environment. You've got everything you need," says Randhawa. "But in Tanzania it's going to be a totally different method of learning."

The group is spending two months living and working in Africa, gaining hands-on experience practising in a local clinic, and teaching the town's residents health and hygiene.

Before Christmas, Randhawa was one of 25 practical nursing students who attended the trip's initial info session. She wrote a two-page essay and was interviewed by faculty members before finding out in January that she had been accepted.

"I didn't have anything tying me down and this is so out of my comfort zone," she says, adding that she had never travelled abroad before. "It is an experience of a lifetime and how could you pass it up?"

Like Randhawa, Brisebois had a similar, euphoric reaction upon hearing news of her acceptance to the program.

"I actually cried," she says. "I was really overwhelmed."

Brisebois says she has always been drawn to African culture and language. "It's been my lifelong dream to go to Africa," she says. "Now that I'm in school doing nursing, it's a place where I can actually apply the skills I've learned to where they need help."

Humber nursing professors Sylvia Wojtalik and Janet Jeffery organized the Tanzania practicum. In less than three weeks, they will also be joining the students in Arusha.

"I am anxious to see the welcome that they will create for us," says Wojtalik, who along with Jeffery understands the educational value of meeting their students on location. "We asked ourselves how would we create learning outcomes for curriculum if we haven't been there?"

Most importantly, the professors recognize the trip will have a much greater effect on the students than any in-class opportunity.

"These students are immersed in a very new culture and that challenges them. It is self discovery," says Jeffery. "It also allows students to get a glimpse of, and encounter the concept of, global citizenship. They will treat people with respect and dignity and provide the best care on a global level."

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Prof teaches social change through music

RAFAEL BRUSILOW
for Metro Canada

Christos Hatzis believes music can help people conquer social inequality and he's taking his message to the streets.

Hatzis, a University of Toronto music professor and professional composer, hopes to create a program where youth in major Canadian cities like Toronto can be not only exposed to great music, but see how the music they like interacts with traditional musical forms like classical music. For Hatzis it's all about motivating people on the street to realize their life circumstances are as easy to change as musical rules are easy to bend.

"I'm the kind of person who believes if you want change, you don't lobby government — you do it on the street," Hatzis said.

A recent project Hatzis organized in tandem with the highly regarded City-Music Cleveland chamber orchestra brought classical music into the poorest areas of Cleveland, one of the United States' poorest cities, while creating a forum for classical music enthusiasts to appreciate hip-hop music.

Hatzis believes music parallels real life and by embracing the common threads that weave throughout all musical genres, real social change can be achieved.

"Music is an amazing cultural resource and we haven't understood yet what an important agent for social change it can be," Hatzis said.

"Music is a language that speaks to you even if you don't learn it." Christos Hatzis

RAFAEL BRUSILOW/FOR METRO TORONTO

University of Toronto music professor and professional composer Christos Hatzis believes music parallels real life.

Melding genres together and bending stereotypes is a big goal for Hatzis — alongside bringing people together through music, Hatzis has been experimenting with what he calls "cultural convergence" to meld musical genres and bend stereotypes, such as putting rap music together with classical compositions. It's more than just merging rap and classical music in a superficial way, though. By letting the culture of one musical genre mix with the culture of another, Hatzis hopes common ground can bring people together and inspire them to greater things.

"Music is a language that speaks to you even if you don't learn it. My holy grail is to find out how all these things, which appear to be contradictory on the surface of music, fit together, to see how music engages social contexts and elicits change," Hatzis said.

Reaching out to young people through their own musical language is crucial, Hatzis says, because music is vitally important to them.

"Youth lives through music. The older generation is failing them in huge ways and music is the only thing they understand," Hatzis said.

Students 'expose' themselves

LEYLA EMORY
for Metro Canada

More than 150 students will expose themselves this weekend. Thursday's opening gala at The Gladstone Hotel will initiate Maximum Exposure, Ryerson's School of Image Arts' annual four-day exhibition showcasing student works in photography, film and new media.

"It's a fabulous thing for the city, but it's also a wonderful opportunity for students to get their work outside the classroom and into the world," says Robert Burley, photography professor at the School of Image Arts.

"It's a fabulous part of our program. The students are very engaged. It's a shift from doing the work as a course assignment to doing the work for their exhibition," says Burley. Like many of the faculty, he acts as an adviser for the otherwise student-run show. "The students raise the money, book the venues and do all the promotions. It's another kind of learning experience. It's become a very important part of the exhibition."

Finding a place to showcase work can be difficult for students, says Talia Eylon, a fourth-year photography student and one of Maximum Exposure's four co-ordinators. While she and her peers are the driving force behind the festival, she credits Ryerson for encouraging its students to get out into the community. "The faculty are active as artists and photographers. What they share with us is very pertinent and helpful to the real world."

The Gladstone will feature the work of all fourth-year students while the Lennox Contemporary will showcase first-, second- and third-year works selected by the show's curators, alumni Daniel Garcia and Robyn McCallum.

Visit maxex.ca for more.

TALIA EYLON PHOTO

Sweet Eyes, by Talia Eylon, will be showcased at the exhibit.

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Next month's issue comes out on May 12.

Student travel rewarding

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

Deciding to go abroad is very exciting — including the thrill of taking out a map and selecting your destination. However, there is more to consider than simply the location. Questions such as "how long do you want to go?" and "what do you want to do or learn?" also need to be considered.

In order to make the most of your time abroad, it's best to plan out what type of experience you are looking for.

Work abroad
This is a great way to financially offset your experience while adding valuable skills to your resumé. Keep in mind that in order to earn money in another country, you may require a working visa. The visa application process involves an application fee and, in some cases, may take a few weeks to be issued. Working visas often grant you permission to work for up to two years, but every country is different so research is key. Prepare an international resumé and start researching specific companies before you book your plane ticket.

Study abroad
Studying abroad offers a great opportunity to continue your academics and to experience another country and culture. Your school may offer transfer credits and have academic agreements with international institutions, which means you may be granted credit recognition for schooling you have already completed. You may even receive scholarships or financial aid. Consider short-term experiences as well as semesters abroad, exchanges or condensed learning programs.

Volunteer abroad
Planting, painting, child care or construction are just some of the volunteering routes you can take to experience a culture first-hand while giving to a community in need. Volunteer programs often require you to pay or raise the necessary funds to cover program expenses. International volunteer programs range in length from one week to a few months and may have you staying in shared accommodations or with a local host family.

Backpack and travel
Backpacking can take you many places on your own schedule. You can stay in hostels, socialize, see tourist attractions and have full control over your budget and time. There are guide books available to help you learn about your chosen country. There are even group tour packages, which can give you an exciting, adventurous experience as well.

With so many choices it is important to make sure you are taking the path that best fits your personal goals. With some planning, you will be on the road to realizing your international dreams and having the experience of a lifetime.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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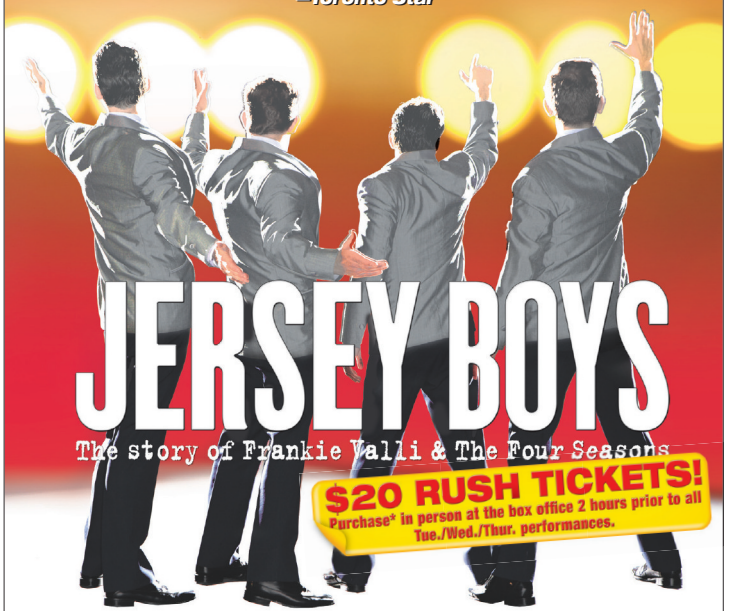

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Willingness to learn key

Name: Norio Ota
Years of experience: 40 (Vietnam, Japan, USA, Australia, Canada, Cuba)
Occupation: Professor of Japanese Studies, York University

Industry411
education@metronews.ca

Professor Norio Ota

Q How did you get started in your industry?

A While I was taking a course called Teaching of Japanese as a Foreign Language in my senior year of my undergrad, the professor recommended me to teach Japanese at a language school for foreign missionaries in Tokyo as a part-time instructor. I loved it and decided to become a language teacher. My career as a language teaching professional began in Vietnam, where I set up a degree program in Japanese Studies as the chair of the Japanese Department, University of Saigon between 1971 and 1974.

Q Describe some of the ideal qualities a person should have to succeed in your industry?

A Language teaching demands one's total commitment to the profession. One must love teaching. A good language teacher is communicative, active, creative, innovative, risk-taking, multi-tasking, flexible in thinking, open-minded, responsive, caring, empathic, patient, demanding, strict and sensitive to different cultures. It is very important to be able to have rapport with students. Being willing to learn helps since teaching is also a learning process.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Background in linguistics and second language acquisition is preferred. For teaching at a post-secondary institution, MA or PhD is required. Mastery of at least one foreign language is a must to be a good language teacher.

Q For newcomers to the industry, what tips would you offer them on getting started in their career?

A
- Study one or more foreign language;
- Learn about one's own language and culture in depth;
- Participate in cultural events;
- Apply for an exchange program;
- Take a teaching course;
- Apply for programs such as the Japan Exchange and Teaching Program;
- Volunteer to teach at schools such as a heritage language school.

To read the full version of Industry 411 with Norio Ota, visit: metronews.ca

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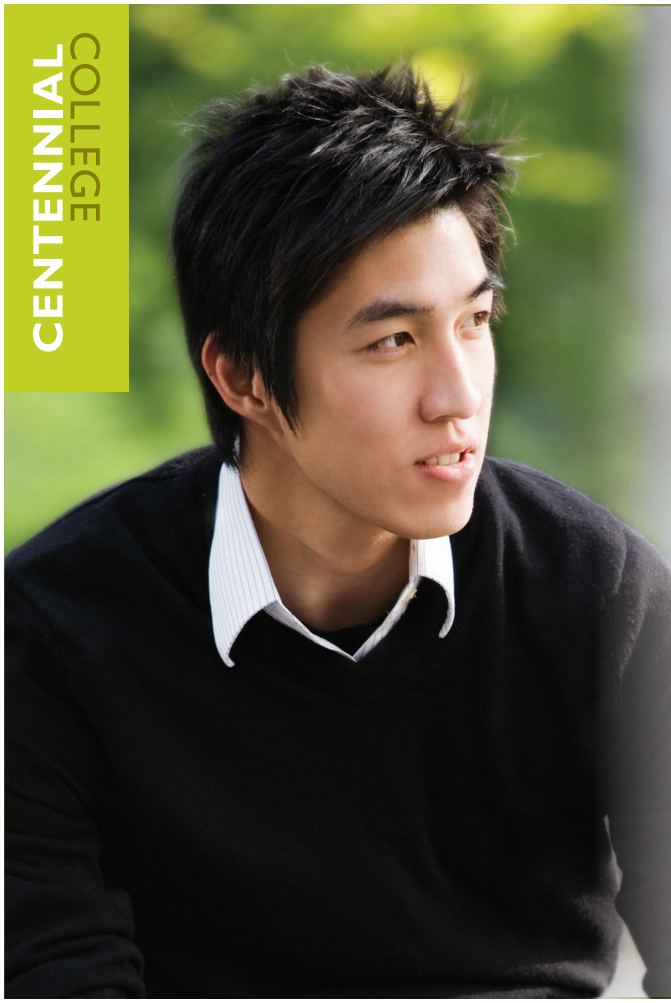

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Teeth reflect overall health

Those with gum disease suffer from other conditions too, shows research

CELIA MILNE
for Metro Canada

Caring for your teeth and gums is critical for overall health.

In fact, did you know that proper dental care might lower your risk of heart disease?

"You can't claim to be healthy if your mouth is not healthy," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa.

When we don't brush and floss properly, plaque builds up in our mouths. Our gums then become inflamed. "Wherever there is inflammation it does create wear and tear on the whole system," Soucy told Metro. "When plaque builds up over the years, it could increase your chance of heart disease and other negative health outcomes."

Research shows that people with gum disease have more of other diseases such as pancreatic cancer, cardiovascular disease and premature births. Signs that you may have gum disease are that your gums bleed easily, are sore to the touch and look as if they are receding.

The early stage of gum disease, called gingivitis, is very common, especially as we age. It affects about 53 per cent of adults and as many as 98 per cent of those over age 60, according to a paper prepared by the Canadian Task Force on Preventive Health Care.

Advanced gum disease is much less common, occurring in approximately seven per cent of young adults and 34 per cent of the elderly.

iSTOCK PHOTO

April is oral health month. Take heed of the Canadian Dental Association's recommendations to brush your teeth and tongue at least twice a day, floss every day and avoid excess sugar.

A glimpse at the international medical literature shows the association between dental health and heart health.

Many medical studies around the world show that oral health tends to reflect heart health, though proof is still lacking that gum disease is a direct cause of cardiovascular disease. Researchers still haven't found the "smoking gun," says Soucy.

The Canadian Dental Association recommends the following steps to good oral health:

- See your dentist regularly.
- Brush your teeth and tongue at least twice a day.
- Floss every day.
- Eat a well-balanced diet, avoiding excess sugar.
- Watch for signs of unhealthy gums such as: bleeding when you brush or floss, red and puffy gums, bad breath that won't go away, loose or sensitive teeth, receding gums, change in colour of the gums. See your dentist if you are concerned.
- Look for warning signs of oral cancer: bleeding, open sores, white or red patches, numbness or tingling, lumps in your mouth.
- Don't smoke.

April is oral health month, a reminder that we all need to take better care of our precious ivories.

New and notable

- Throw out the toothpaste? Researchers at the University of Saskatchewan are testing a light-activated semiconductor toothbrush that actually releases electrons to break down plaque. Pretty electrifying!
- Go green. We may see green tea in more oral-care products. Some research supports the natural decay-fighting properties of this agent.
- Rinse out and spit to beat oral cancer. Colgate-Palmolive is developing a mouthwash that may suppress cancerous tumours.

BEST HEALTH MAGAZINE

Good teeth and gums on the go

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- Spiffies Tooth Wipes: These were designed for infants, but adults can use them, too, when brushing isn't an option.
- Sen Cha Green Tea Mints: These sugar-free mints contain green-tea extract, an ingredient that may help reduce cavities.
- Pocket Sulcabrush: With this, there's simply no excuse for not cleaning between teeth.

LISA BENDALL/ FOR METRO CANADA

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Drinking coffee, tea or red wine, smoking and chewing on items like ice are common routines that contribute to dental damage.

Protect your pearly whites

Examine personal habits that cause oral damage, says dentist

BRIAN COULTON
for Metro Canada

You sweat, snip and style to keep your body looking its best, but when it comes to your mouth, you might be making sacrifices that threaten your overall health and beauty.

"Previously, there weren't as many options to make your smile look better," says Dr. Charles Botbol, the namesake behind Toronto's Dr. Charles Botbol & Associates Cosmetic and Family Dentistry.

But technical advancements in whitening and porcelain dental substitutes, added to oral exposure on television shows like Extreme Makeover, he says, have caused people to want to protect their pearly whites.

"People are understanding that if they take good care of their teeth and gums and help prevent gum disease, which is the number one reason adults lose teeth, they're going to feel better and be healthier."

Prevention can be as simple as examining personal habits that cause oral damage. Drinking coffee, tea or red wine, smoking cigarettes and chewing on items like ice or pencils are popular routines Botbol says contribute to dental damage.

But when it comes to that morning caffeine kick, or Shiraz on a Saturday night, sometimes our appetites for indulgence outweigh our conscience for care.

That's why Botbol recommends using a pre-brush rinse to help to whiten and maintain brightness of teeth, brushing with a soft-tooth brush and fluoridated paste twice daily for three minutes, flossing at least once a day and using an antiseptic rinse to purge germs.

"If (people) take good care of their teeth and gums and help prevent gum disease, which is the number one reason adults lose teeth, they're going to feel better and be healthier."
Dr. Charles Botbol

And don't forget those lips. While the importance of oral health is undeniable, keeping the area surrounding the mouth healthy with an SPF protectant is a tool Botbol says will enhance the appearance of healthy teeth.

"Like a piece of art, if you have a gorgeous picture painted by Picasso and the frame is beat up, it takes away from that picture. If your teeth are beautiful but your lips are chapped and you're not moisturizing them and protecting them from the sun, your lips are the frame for that picture."

While Botbol stresses that such home remedies are essential to oral health and beauty, sometimes a dentist's structural treatment is necessary to fix more severely damaged teeth.

He disagrees with popular notions about visiting a dentist yearly, suggesting visits every three to six months, as he says reorganization of gum disease-causing germs occurs roughly 90 days following treatment.

Botbol additionally urges taking full-mouth x-rays every three to five years, as recommended by the Royal College of Dental Surgeons.

"It's just like cancer. It doesn't hurt until the later stages. The earlier you catch these things, it's easier and more conservative when you treat them at that point."

Lips are an important factor when considering oral health. Keep the mouth area moisturized and protected from the sun, advise dentists. For UVA/UVB protection, try Burt's Bees' Sun Protecting Lip Balm, SPF 8, left. Available at specialty, heath and drug stores, $4.49.

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Researchers at two Japanese universities discovered that people who regularly eat foods containing lactic acid, such as yogurt, have a lower incidence of gum disease — a major cause of tooth loss in adults. **BEST HEALTH MAGAZINE**

Until April 26, Lush cosmetics will be giving away seed bombs (pictured), which are flower seeds you are encouraged to plant.

Explosion of flowers

EARTH DAY Take back the pavement. That's one of the slogans of a new campaign by Lush, makers of handmade cosmetics.

From now until 26, Lush stores across Canada are giving out seed bombs. The idea is to throw the seed bomb somewhere that needs colourful flowers (vacant lots, empty planter boxes and alleyways), and watch the transformation.

They call it a random act of kindness to Mother Nature, and it's to honour Earth Day on April 22.

Seed bombs are made of soil, seeds, water and clay and rolled into a small ball.

CELIA MILNE/FOR METRO CANADA

Health in brief

MIGRAINE Extra belly fat may increase the risk of migraines. Researchers in the U.S. studied data on 22,211 patients. Among the information collected was data on waist measurements and whether subjects suffered from migraines. They found that for people between the ages of 20 and 55, migraine was significantly more likely in those with obesity in the stomach area.

CELIA MILNE/FOR METRO CANADA

Steps to a better breakfast

Three tips to make the most out of your morning meal

LESLEY YOUNG
for Metro Canada

You've heard it before and you'll hear it again: breakfast is the most important meal of the day, and eating it could help you lose weight.

It's a simple truth: Breakfast eaters tend to be slimmer. "Studies show that those who skip breakfast have inferior dietary habits generally," says Terry Graham, chair of human health and nutritional sciences at the University of Guelph. Here's the latest news:

1. Eat protein

Overweight people who ate two eggs for breakfast daily for two months, as part of a calorie-reduced diet, lost 65 per cent more weight than those who ate a bagel of equal calories, the International Journal of Obesity reported recently. (Cholesterol and triglyceride levels did not change for the egg eaters.)

Study author Nikhil Dhurandhar, associate professor at the Louisiana State University System, says high-quality protein foods, such as eggs, make you feel full longer.

1. Skip the coffee?

Consider it if you're overweight or diabetic. A recent study led by Graham found that caffeinated coffee combined with low-sugar cereal raised blood-sugar levels for many hours.

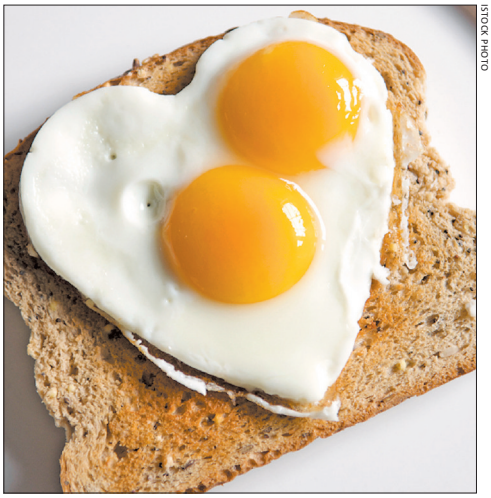
Graham thinks caffeine makes the body resistant to insulin, increasing blood sugar. She stresses that coffee is fine for healthy people.

3. Load up in the a.m.

The more we eat for breakfast versus other meals, the less likely we are to gain weight, says a study out of Cambridge, England.

Over four years, those who ate 11 per cent or less of their daily calories at breakfast gained up to one pound more than those who ate 22 to 50 per cent.

Try some healthy breakfast recipes to get a healthier start to your day.



ISTOCK PHOTO

Aim for high-quality protein foods, such as eggs, in the morning. This will make you feel full longer.

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Foods to keep your smile beaming

If you're trying to keep your teeth as white as possible, without any additional intervention, here's a good rule of thumb: Darker, more acidic foods typically cause more staining, so choose the opposites to keep your smile beaming. **BEST HEALTH MAGAZINE**

Get the right tooth tools

A checkup on new oral-care products and their effectiveness

CELIA MILNE
for Metro Canada

Taking care of your teeth and gums means more to your health than just having a cavity-free mouth.

Good oral care reduces gum disease and halitosis, and helps you avoid tooth loss. Beyond that, poor oral health is linked to cardiovascular and respiratory diseases, and diabetes. "Oral health is an essential part of overall health," says Deborah Stymiest, president of the Canadian Dental Association (CDA) and a dentist in Fredericton.

But with the ever-growing array of oral-care products on the market today, how do you choose what works? In honour of oral health month in April, we've asked the experts for your best bets.

Manual brushes

The latest toothbrushes showcase a variety of angles and multi-height bristles for better reach, and ergonomic or easy-grip handles. They may include tongue and even cheek cleaners. There isn't yet the research to prove those do a better job of cleaning your teeth, but some studies show that tongue cleansing will cut the amount of bacteria in your mouth (although there's no evidence that it reduces oral disease).

Expert Advice: Avoid a brush head that seems too big in your mouth. An oversized or ergonomic handle might be useful if you have manual dexterity problems. As for the other bells and whistles: "Almost any appropriately sized toothbrush will be effective if you use it regularly and for enough time," says Joanna Asadoorian, an associate professor in the faculty of dentistry at the University of Manitoba. That means brushing at least twice a day for at least two minutes each time. It's often recommended that toothbrushes be replaced every three months, but research has shown that individuals wear them out at different rates, so look at the condition of your toothbrush as an indicator of when it's time to replace it rather than going by a set time frame.

Our experts says brushing with a manual brush is just as effective as a mechanical one if you're doing it properly. And, of course, don't skip your daily flossing.

Power brushes

Some new rechargeable battery-powered toothbrushes tout sonic vibration, with more strokes per minute — 20,000 or more — than less expensive models at 7,000. Some high-tech brushes signal when you're applying too much pressure, and the new Oral-B Triumph toothbrush with SmartGuide even has an LCD display with a diagram to tell you where to brush, and a digital readout to tell you how much longer.

Does that translate into better brushing? Research is inconclusive. But, says Stymiest: "Brushing with a manual toothbrush, if you're doing it properly, is as effective as any type of mechanical brush."

Expert Advice: While using a power toothbrush may not necessarily do a better job than a manual toothbrush, any engaging feature that motivates you to brush your teeth properly is going to make a difference in terms of your oral health. "People really have to choose something that they are going to like to use," says Asadoorian. "That will help keep them brushing longer and more regularly."

Interdental products

Not only does flossing help prevent gum disease, but it may actually stave off heart disease. So clean between your teeth at least once a day, say experts. "Despite how effective you are with brushing, without flossing you may still be leaving about 30 per cent of the plaque between your teeth," Stymiest notes. Interdental brushes such as Proxabrush and Sulcabrush will also do the trick with their narrow sets of bristles that work to clean between the teeth and along the gum line.

Clinical trials have shown that water jets that blast debris from between your teeth and around your gums are as beneficial as flossing, as long as you use them with sufficiently high power. Waterpik and Conair both offer small, lightweight cordless designs.

Expert Advice: Go on personal preference, since water jets and interdental brushes both typically measure up to flossing. If you have difficulty handling floss, you may find that water jets are the way to go.

Toothpaste

• Many toothpastes contain plaque-fighting ingredients such as triclosan and xylitol. And Bionic Gel toothpaste, from a U.S.-based company, actually contains silver particles purported to battle gum disease and tooth decay. It's available in Canada at some health food stores and dentist offices. As yet, no one brand of toothpaste has been proven superior to all the others.

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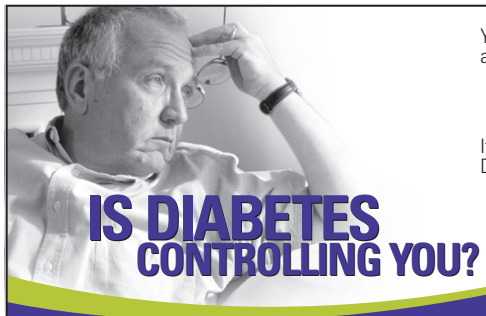

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Ginkgo biloba helps to improve blood flow and sensation to the pelvic area; it may be helpful for women with low libidos due to antidepressants. NEWS CANADA

Sexual innuendo at work

Flirtation, banter in the office is bad for morale, reveals new study

The J Spot
Josey Vogels
metronews.ca/thejspot

TORSTAR FILE PHOTO

One only has to watch an episode of Mad Men to see how bad things might still be if we hadn't put on the brakes on sexual banter/behaviour policies in the workplace.

"In our culture, sexuality has connotations of domination, subordinance and vulnerability ... Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"
Jennifer Berdahl, professor

It'd be a pretty dull day at the office if no one ever cracked a dirty joke. But, some say, years of zero tolerance sexual harassment policies in the workplace have produced a frigid climate where everyone has to check their sexual beings at the reception desk (without making an inappropriate comment to the receptionist, of course).

Well, a new study has broken the ice... sort of.

Researchers at University of Toronto's Rotman School of Management and the University of British Columbia's Sauder School of Management discovered that some employees say they actually, gasp, enjoy the occasional sexually charged joke, discussions of sexual matters or flirtation around the office.

But before you go patting your co-worker on the butt, the study also found that the same workers who said they enjoyed some sexual banter in the workplace also withdrew from work, felt less valued and reported depressive symptoms more often than employees who experienced little to no sexual behaviour at the office.

In other words, a little sexual innuendo might be good for a laugh, but it's lousy for morale and productivity.

"In our culture, sexuality has connotations of domination, subordinance and vulnerability," said professor Jennifer Berdahl, co-author of the study.

"Often a dominating behaviour is a way of making someone squirmy. Why bring this into the workplace?"

Considering how quickly most dinner party conversation eventually gets around to the topic of sex, it's unrealistic to think that people who spend eight to12 hours a day together aren't ever going to go there.

But you only have to watch an episode of Mad Men to see how bad things might still be if we hadn't put on the brakes. Sexual harassment laws did much to eliminate the day when it was okay to make "bosom" cracks in front of your female secretary.

Sure, harassment laws can be applied overly zealously — using them to stop a man from putting a picture of his wife in a bikini on his desk, something that apparently happened somewhere in the U.S., for example.

But, as far as I'm concerned, as long as men and women are too daft to recognize behaviour that makes another person squirmy, we still need rules to keep the workplace from feeling like a singles' bar or, even a dinner party.

And no, I don't think that's funny.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Nutrition in the fast lane

Eating small healthy meals or snacks more frequently throughout the day can be a good choice when you don't have the time to prepare and eat a regular sit down meal. Long periods without meals can lead to impulse eating of less desirable foods. **NEWS CANADA**

Ready for a pedi?

It's time for toes to come out of hibernation, here are some at-home suggestions on how to get feet in top shape for sandal season.

METRO NEWS SERVICE

Warming Foot Scrub, $13; Massaging Bar Soap, $8
Get the ultimate spa treatment at home with this exfoliating and moisturizing scrub that warms up on contact and this uniquely shaped soap that massages feet while you clean them (includes vitamin A, C and E and shea butter). Both products are part of Upper Canada's All About Feet Collection. Available at uppercanadasoap.com.

Gosh Nail Lacquers, $6 each
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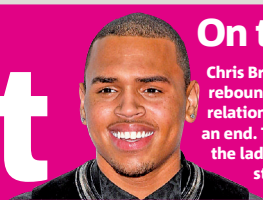
Jewison to be honoured
Cher, Faye Dunaway, Eva Marie Saint, Carl Reiner, Marilyn & Alan Bergman and famed cinematographer Haskell Wexler will join Canadian filmmaker Norman Jewison on stage for a special conversation about Jewison's legendary career in Los Angeles this Friday. METRO NEWS SERVICES

Entertainment



On the rebound
Chris Brown is reportedly on the rebound, just weeks after his relationship with Rihanna came to an end. The N.Y. Daily News reports the lady is a Virginia college student. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Metric takes a positive turn

Frontwoman Emily Haines found inspiration for new album Fantasies in Argentina

BRYAN BORZYKOWSKI
for Metro Canada

Emily Haines might live in Toronto, but the jet-setting lead singer of Metric, has trouble writing music there. On Fantasies, the burgeoning indie rock band's fourth album, the songstress moved to Argentina for a couple of months to clear her head and pen her new album.

"Sometimes you have to remove self from your immediate environment to get perspective with what's going on," she says on the phone from New York. "I was on the road so much that when it came to writing a Metric record, I didn't feel like making a disc called 'I've been on tour for the past five years.' I forced myself to experience something that is outside the realm of anyone who knew me."

Haines almost went to North Carolina first, but at the last minute she found an apartment in Buenos Aries with a piano. She brought her Pro Tools enabled laptop and she was ready to go.

MAST/MAGNETIC RECORDS

Fantasies, the new album from Toronto indie rock act Metric, is now available in stores and online.

Don't worry though, Fantasies isn't filled with South American sounds — if anything getting out of Dodge allowed Haines to challenge herself without the watchful eye of the Toronto music industry looking on. "Doing this gave me a chance to get away from everything and return to what I do best, which is write songs," she says. "As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."

The end result is another deeply intense and dark new wave, indie pop disc. Musically it's not a major departure from Live It Out or Old World Underground — though it's arguably better than both those discs — but lyrically, Haines sounds slightly more cheery than usual.

While she won't say exactly why her lyrics take a more positive turn this time around ("I don't see any value of explaining what something is," she says), she does admit that the band was interested in fantasizing about the future and what happens when dreams come true.

"Anything you can imagine you can make real," she says. "That was really our preoccupation and how everyone I know is trying to navigate every day of their life. It's about their power of imagination over their environment."

For Metric's members, many of their dreams have become real. They've opened for The Rolling Stones at Madison Square Garden, they've played every important festival and they're one of the more respected indie acts around. Yet, Haines claims she's never had a plan to be where she is today.

"I follow an impulse to make things when I need to make them," she explains. "And I have no idea what is going to happen next."

"As much as I enjoy and appreciate the touring and our connection with fans, I still need to be alone with my instrument."
Emily Haines

Metric Live

- Metric plays the Mod Club Theatre tonight

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Office's Hardin lands lead in FX drama
Melora Hardin, who played Michael Scott's girlfriend on The Office, has been tapped as the female lead in FX's drama pilot Lights Out. TVGUIDE.COM

Saving the voice

Many singers stay off dairy, talking

Forget sex, drugs and rock 'n' roll: If you want a long career as a pop singer, you'll need to drink water, exercise and — occasionally — just shut up.

You might also want to avoid dairy, anything with caffeine (especially coffee), and forgo the booze.

Surprisingly, those are rules to which many long-running vocalists in pop music willingly adhere.

"I stopped drinking coffee, I stopped doing dairy — which I don't generally do that much anyway, but certainly when I know I'm going to have to sing, or in cold season — I drink tea, lots of warming up, doing vocal exercises before I have to sing," said Vancouver-based songstress Sarah McLachlan, who released a 20-year retrospective last year.

"Unfortunately, not talking seems to be the biggest ticket for me," added McLachlan, who recently suffered through a three-month bout of laryngitis.

GETTY IMAGES FILE PHOTO

Canadian songstress Sarah McLachlan.

"It's also the most difficult, because I really enjoy talking, and I have two small kids who want me to read to them all day long."

Indeed, Lorna MacDonald, the Lois Marshall Chair in Voice Studies at the University of Toronto, lists not talking as the second most important factor in preserving one's voice, sandwiched between maintaining good physical health and the No. 1 priority — staying hydrated.

But keeping quiet is tough for chatty Winnipeg rock legend Randy Bachman. He says he doesn't do anything to get his voice in shape — "I don't know how to do a warm-up!" he beams — but he still takes plenty of precautions with his voice.

"I've never smoked, I haven't had a drink since I was 22, I get good sleep, I don't have dairy products which cause a lot of phlegm, and once in a while I lose the top end of my voice, because there's viruses going around, but I can always talk," he said.

Dairy is a commonly listed no-no because it can produce excess mucous or can cause digestive problems, MacDonald said.

She said few people realize the link between diet and voice.

"The same old-fashioned thing about exercise and watching your weight, it truly does affect your voice," she said.

THE CANADIAN PRESS

Mel Gibson's wife files for divorce

CELEBRITY Court records show Mel Gibson's wife has filed for divorce after 28 years of marriage. Robyn Gibson filed the petition in Los Angeles, citing irreconcilable differences. Robyn Gibson is seeking jewelry and some other property, and has suggested joint custody for their nine-year-old son.

They issued a joint statement yesterday, saying they have "always strived to maintain the privacy and integrity of our family and will continue to do so."

Spector found guilty of murder

COURT Music producer Phil Spector has been convicted of second-degree murder in the shooting death of actress Lana Clarkson at his mansion six years ago. A Los Angeles Superior Court jury returned the verdict yesterday after an estimated 29 to 30 hours of deliberations.

THE ASSOCIATED PRESS

MUCH
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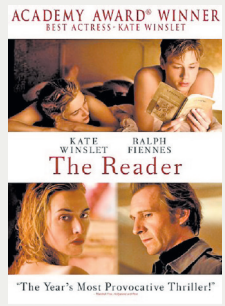
THURSDAY
DADDY'S GIRLS (6 & 9PM)
FRIDAY
DOGG AFTER DARK (6PM)
MUCHMOVIE: THE MATRIX (9PM)
MUCHMUSIC.COM/69ER

DVD picks

The Reader
Director: Stephen Daldry



MANY OF THE elements are there for the awards-season attention The Reader received, with impeccable acting and faultless cinematography chief amongst its virtues.

Yet this Holocaust-themed story, which director Stephen Daldry and writer David Hare have adapted from the best-seller by German author Bernhard Schlink, loses depth and emotion in the transition to the screen.

Moments that resonate so strongly in print — the illicit sex and the pre-coital book readings — seem almost tawdry or trite. It's also uncomfortable watching what amounts to statutory rape, with an older woman seducing a young teenager.

Other scenes fail to make the full impact required of them, including the pivotal courtroom confrontations. Superlative acting mitigates the structural deficiences, particularly Kate Winslet's Oscar-winning performance as Hanna, a woman we first meet at age 35 in the Germany of 1958 as she seduces 15-year-old Michael (newcomer David Kross).

Michael learns almost nothing about Hanna during his summer dalliance, and doesn't see her again until a dozen years later, when she turns up in court charged with a horrific crime.

The film is bookended by an adult Michael (Ralph Fiennes) musing about his past and coming to grips with it.

The quality is there, but the message has already been imparted, to much greater effect, in similar films like Music Box and Apt Pupil.

Extras include deleted scenes and several featurettes, including one in which Winslet shows how much work and make-up it took to age her as Hanna.

Donkey Punch
Director: Olly Blackburn

ONE DRAMA broke through Sundance 2008 as both a critical favourite and genuine commercial prospect — but wouldn't you know it, there's been no theatrical release.

It's Donkey Punch, a thriller named for the dangerous sexual practice that puts seven young men and women in terrible danger on the Mediterranean Sea.

After the 20-something partygoers meet during a vacation at the Spanish seaside, they decide to move the action to a convenient yacht for uninhibited enjoyment of booze, drugs and sex. That's when the fun turns to horror.

It's the debut feature by Olly Blackburn, an award-winning London screenwriter and director of commercials and videos.

Fans of thriller films should put Donkey Punch on their must-see list.

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Jolie sports fake fur
Angelina Jolie is still an animal lover. The actress was spotted in a chinchilla poncho and matching Russian hat on the set of Salt last week — but movie publicists confirmed to PETA that it's fake. "The chinchilla is actually synchilla," the animal-rights group writes on its blog. USMAGAZINE.COM

Economy good for new designers: Iman

The tough economic climate should pose more opportunities than obstacles for emerging fashion designers just starting their careers, says Project Runway Canada host Iman.

The lanky supermodel, who dismisses each week's fashion flop with the blunt catchphrase, "You just don't measure up," says this year's finalists face a rough road as they pursue careers beyond the series, but she suggested they can actually benefit from some aspects of the downturn.

"Most of the department stores have been complaining that nothing is really moving and selling, so they have to clean house," she said. "They have to get rid of some stuff that's not selling, and of course, the whole of fashion is about new (ideas), so they have to bring some new people in. It's the perfect opportunity for young designers to come in and showcase a breath of fresh new air and everybody really wins."

Global's Project Runway Canada crowns a winner tonight, when its final episode features runway collections from finalists Sunny Fong, Jessica Biffi and Jason Meyers.

Footage will include the trio's triumphant arrival at Toronto Fashion Week last month, where they paraded their designs in front of a packed house that included celebrities like model Coco Rocha, soprano Measha Brueggergosman and dancer Rex Harrington.

Last week's episode offered a glimpse of the clothes as Fong, Biffi and Meyers prepared for the show. Fong, widely considered the frontrunner, worked faux fur into a cream-coloured collection inspired by Alexander the Great while Biffi earned early praise from mentor Brian Bailey for pieces that paired gold with black and brown.

But if there's an underdog, it would seem to be Meyers, who was kicked off once before and only brought back recently in a plot twist. THE CANADIAN PRESS

GETTY IMAGES
Supermodel Iman hosts Project Runway Canada tonight.

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Sheen joins New Moon cast

British actor Michael Sheen is joining Robert Pattinson & Co. in New Moon, the sequel to the blockbuster film Twilight, according to the U.K.'s Daily Mail. EONLINE.COM

Spelling reprises 90210's Donna

Fans are shouting and cameras are at the ready as screenwriter Diablo Cody swans her way up a red carpet. The only thing awry: ditzy Donna Martin, who has managed to snag herself in Cody's gown.

That's Beverly Hills 90210 Donna, who is returning to her old stomping ground for two episodes of CW's second-generation version, 90210 — and, to Tori Spelling's delight, the character she played for a decade hasn't changed.

"What I love about Donna is she's never jaded," Spelling says. "Donna can kind of go through anything and she still has that girlish quality about her. I think that's something she'd have at any age. ... That's Donna to me."

Tori Spelling

Spelling's run on 90210 starts with today's episode, which includes an appearance by Juno screenwriter Cody. Donna has come back to her hometown as a famous fashion designer, married and with a baby.

"I get to be a mom, which is fun. It's so crazy to think of Donna as a mother," Spelling said. "Sometimes, I can't believe that I'm a momma, too."

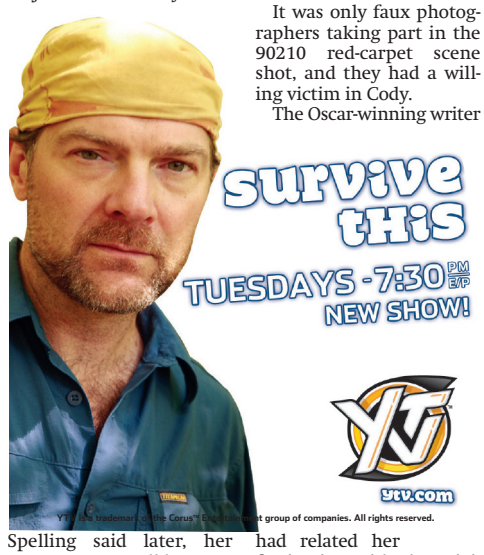
The actress is wed to Dean McDermott (they teamed on the Tori & Dean reality series), has two children, and says she can't help but bring her own experiences and maturity to the role.

"There's a sense of calmness, I think, to your being after growing up so much, and a sense of security. ... You definitely bring that to your character, naturally," she said.

She and Jennie Garth, her fellow Beverly Hills 90210 alumna who plays a guidance counsellor on the CW series, made waves during the filming of a scene in which the pair cruised Beverly Hills' famed Rodeo Drive in a convertible Rolls-Royce.

A pack of a dozen or more photographers gathered to grab shots.

"Just another day out," Spelling said later, her tone even. "We all have paparazzi every day."



In her case, that's likely no exaggeration. The daughter of the late Aaron Spelling, who produced the 1990s hit 90210 and a host of other successful TV shows, she came of age in the spotlight after being cast in her dad's series.

It was only faux photographers taking part in the 90210 red-carpet scene shot, and they had a willing victim in Cody.

The Oscar-winning writer had related her fascination with the original and revamped versions of 90210 in Entertainment Weekly columns, which caught the eye of those in charge of the CW drama.

"The producers called and said, 'If you love the show so much, why don't you come on and do a cameo?'" Cody recounted. "I thought, 'Oh my God, this is my biggest dream come true.'"

Meeting Spelling and Garth — "absolute idols to me" — was a "huge thrill," Cody said. "Getting to be in a scene with them is beyond my wildest dreams. And the new cast I think is tremendous."

Is there, by chance, a facetious aspect to her admiration?

"Are you kidding me?" Cody replied, aghast. "This is 100 per cent sincere. I love the show. I think it's great, and if everybody watched they would certainly agree with me."

Her passion for the original, she says, carries added emotional weight.

"I think it's sort of egg memory. I feel so closely connected to that show because I was watching it during my formative years, and those girls were my role models," said Cody, 30. "I think they were superior to a lot of female role models you see on television today." THE ASSOCIATED PRESS

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primetime	265	353	2 TVO	Canadian Waterways		The Agenda With Steve Paikin		The Fixer (Part 5 of 6)		Around the World		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	NCIS "Nine Lives"		90210 "Okaeri, Donna!"		Project Runway Canada		News
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Hockey Night in Canada		Rick Mercer	22 Minutes	CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends	Curb-Enthsm	Curb-Enthsm	News (N)
	212	313	8 CTV	etalk	Hollywood	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	218	345	11 E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210 "Trans-Parent"		News (N)
	137	763	13 TFO	Panorama		Imagerie		*Stavisky* ★★★ (1974, Biographie) Jean-Paul Belmondo.				Créer Walhalla
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	213	326	15 SUN	Scrubs	George Lopez	*Sixteen Candles* ★★ (1984, Comedy) Molly Ringwald.				To Serve and Protect		Becker
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Nine Lives"		The Mentalist (HDTV)		(10:01) Without a Trace (N)		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars		(10:02) Cupid (N)		News (N)
	219	346	20 ACH-B	Instant Star	TMZ (N)	Reaper "The Good Soil"		Dancing With the Stars		(10:01) Without a Trace (N)		News (N)
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	American Idol		(9:01) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Keeping Up	Nova (N) (DVS)		Frontline/World (DVS)		American Future: A History		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	Reaper "The Good Soil"		90210 "Okaeri, Donna!"		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
news	502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		Seeking Refuge		National
	500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Kudlow Report		CNBC Reports (HDTV)		The Nuclear Option		On the Money		Mad Money
sports	405	417	22 net	Hockeycentral	Jays	MLB Baseball Toronto Blue Jays at Minnesota Twins. (HDTV) (Live)						Sportsnet Con.
	400	400	30 TSN	Hockey: U18	SportsCentre	Draft Lottery	Fantasy Draft	Playoffs: Preview		SportsCentre (HDTV) (Live)		
	411	457	58 OLN	Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter	Bounty Hunter	Departures
	417	406	81 SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	551	542	25 YTV	Adrenaline Proj	Survive This	Malcolm-Mid.	Futurama	Family Biz (N)	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	570	580	29 MM	The O.C.		Instant Star	Instant Star	CollegeHmr	Video on Trial	Degrassi: TNG	Degrassi: TNG	The Shift
	615	520	31 A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Gangsta Girls
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36 MMM	The Daily Fix		Ranked!		Rock Rundown		Entourage	Gene Simmons	The Daily Fix
	575	583	38 CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Anne Murray
	616	521	39 SHO	The Outer Limits		Mutant X "Blood Ties"		Testees	Trailer Park	Saving Grace (HDTV) (N)		House
	620	523	40 BVO	Rockability 514		Live at the Rehearsal Hall		Life Bruce Cockburn		Buffy St. Marie		Law & Order
	601	562	41 SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43 HIS	NCIS "Family"		Sandhogs		Crime Stories		NCIS "Family"		Sea Hunters
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	MLB Baseball Florida Marlins at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	576	582	49 BET	106 & Park: BET's Top 10 Live		*Beauty Shop* ★★ (2005, Comedy) Queen Latifah.				College Hill	College Hill	*Beauty Shop*
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood "Reset"		Ultimate Super Heroes-Villains		Stargate SG-1
	581	566	52 MTV	Mom & Dad	After	MTV News	Cribs	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54 TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56 FOOD	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60 V	Murder, She Wrote "Nailed"		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63 STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Pretty Wicked		The Tonight Show-Jay Leno		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101 TVA	Qui perd gagne (N) (SC)		La Fièvre de la danse (SC)		Kilimanjaro		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Missing "Domestic Bliss"		Missing "Cop Out"		Encounters	In Dreams	Psychic Inv.
	300	601	301 M1	*Stardust*	*Hannah Montana/Miley Cyrus: Best of Both*			*Leatherheads* ★★ (2008, Romance-Comedy)				*Michael Clay.*
	305	612	306 PIX	*Black Pearls*	(7:20) *Crosswinds* (1994, Drama)			*The Muse* ★★ (1999, Comedy)			*Shot Through the Heart*	

critics'corner

Hockey Night in Canada: Stanley Cup Countdown

Time for casual hockey fans to start paying attention, as Stanley Cup time is upon us. In this special, Ron MacLean gathers his Hockey Night in Canada colleagues together to lay the groundwork for the postseason by breaking down the eight playoff series and examining the 16 teams that will be taking part. 8 PM on CBC

NCIS

The team's hunt for the person who brutally killed a Marine puts Gibbs on a collision course with an old friend, senior FBI agent T.C. Fornell. Michael Weatherly, David McCallum, Pauley Perrette and Sean Murray also star in "Nine Lives"; Jon Huertas guest stars. 8 PM on GTV CBS

The Biggest Loser

Tim Gunn helps the contestants look their best after they receive complete makeovers from Tabatha Coffey and celebrity stylist Brandon Martinez. One contestant is sidelined with an injury that will dramatically affect her workouts. 8 PM on E! NBC

Duggars' eldest ready for baby

FAMILY Josh and Anna Duggar are following in the family tradition. Josh Duggar, the eldest of Michelle and Jim Bob Duggar's 18 children, has announced that he and his bride, Anna, are about to start their own brood. The couple say Anna Duggar is due Oct. 18. The Duggars are featured on TLC's 18 Kids and Counting.

Show on pirate hunters in works

TV Barely a day after the daring rescue of an American sea captain, the Spike television network has a deal in place for a show about U.S. Navy pirate hunters. The company 44 Blue Productions will be making the series for Spike. No air date has been set.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Robbie writes off Take That return

Robbie Williams will not be returning to Take That, former bandmate Gary Barlow says. Williams said last month a reunion was "looking more likely by the week," but Barlow said "Robbie won't be joining," ananova.com reports. METRO NEWS SERVICES

Celebrity Buzz

Blake's love child?

RUMOUR Looks like Amy Winehouse reconciling with her estranged husband, Blake Fielder-Civil, just got less likely. Mother of two Gilleen Morris tells News of the World that she's having another baby — and it's Fielder-Civil's.

The woman says she had a brief affair with Fielder-Civil while in a rehab facility in February, and she's now six months pregnant.

"Blake seduced me and we had a secret fling," Morris tells the newspaper, adding that while he was shocked when he heard about her pregnancy, "he vowed to stand by me and raise the child."

METRO WORLD NEWS

Miley defends memoir

PEOPLE Hannah Montana star Miley Cyrus has defended her memoir against critics insisting she's too young to publish her life story at age 16, femalefirst.co.uk reports.

Cyrus speaks out about growing up in the spotlight, being tormented by bullies and her breakup with Jonas Brothers singer Nick Jonas in her new autobiography Miles to Go.

And though the teenager admits she still has many lessons to learn, she is convinced sharing her many experiences will be eye-opening for her young fans.

She tells Glamour magazine, "People are like, 'You're 16, why would you write your life story?' But in the business I'm in, I have lived a life that some people who are in their 60s haven't lived. I've gone through a lot and seen a lot. But I still have a lot to learn."

METRO NEWS SERVICES

Drew's special animal bond

PEOPLE Drew Barrymore lets her dog customize her jeans, femalefirst.co.uk reports.

The actress encourages her yellow Labrador-Chow mix Flossie to rip up her new pairs of denim to give them a fashionably distressed appearance.

A source said: "She lets Flossie chew on them and rip them up a bit and then she throws them in the washing machine. She thinks the look perfect! Not too calculated."

Barrymore regularly speaks about her beloved pet pooch and the special bond the pair share. She once said: "Flossie is like my little daughter. I can't wait to have kids."

Barrymore was saved by Flossie when a fire struck her $3-million US mansion in 2001.

METRO NEWS SERVICES

Brangie to adopt again?

KIDS After striking out in India and Burma, Brad Pitt and Angelina Jolie are reportedly looking to the Philippines to adopt their next child.

"Brad and Angie flew out together," a source tells the Daily Mail. "They want to add to their family and tried to adopt from Burma, but the authorities are very strict, so they decided to look at the Philippines."

However, Manila International Airport Authority general manager Alfonso Cusi says there is no sign the couple has been in the country at all in the last week.

"I have checked with all our offices co-ordinating VIP arrivals as well as with the Bureau of Immigration. Sorry to disappoint the fans, but they did not come to the Philippines," Cusi told the Filipino newspaper the Inquirer.

METRO WORLD NEWS

Madonna still wants Mercy

LEGAL Madonna is making it very clear that she still wants to adopt three-year-old Mercy James from Malawi, even though her initial application to take custody of the girl was rejected.

"I want to provide Mercy with a home, a loving family environment and the best education and health care possible," Madonna said in an email to Malawian newspaper the Nation.

And in a statement to CNN, the singer said, "Though I have been advised that I cannot publicly discuss the pending appeal regarding my desire to adopt Mercy, I do want to say how much I appreciate the level of support that I have received from the people of Malawi and my friends around the world."

METRO WORLD NEWS

Simon's career time crunch

PEOPLE Apparently even Simon Cowell is mortal, tvguide.com reports.

The man who brings a certain something to American Idol, its across-the-pond predecessor, X Factor, and Britain's Got Talent, is beginning to question whether he can keep the candle burning at all three ends. And that's not even factoring in his work as a music producer.

"I don't want to come over as whiney, because I am very grateful that I have got these jobs," Cowell tells the U.K.'s Daily Mirror.

"But there is a point where I am not sure we can keep this schedule up. I am not sure we can sustain me doing three shows a year, (along) with the record label and the TV production company."

METRO WORLD NEWS

Get help: Sam to LiLo

BREAKUP While their very public breakup is more than a week old, friends say Lindsay Lohan and Samantha Ronson are still talking to each other — and Ronson is still concerned about Lohan's well-being.

"Sam has begged Lindsay to get help," a source tells People magazine. "Lindsay barely sleeps, which explains a lot of her behaviour. She's exhausted. She can't even sit down for a minute without pacing around the room. It's really sad."

METRO NEWS SERVICES

Charlize talks gay marriage

OPINION Charlize Theron says the current marriage laws are a "form of apartheid," femalefirst.co.uk reports.

The South African-born actress — who has previously stated she will not marry her long-term partner Stuart Townsend until same-sex marriage is legal in the U.S. — can't understand why America refuses to give gay people the same rights as their heterosexual counterparts.

She said: "I don't like living in an elitist world, it bothers me. I don't want to be part of an elitist sexual preference. It bothers me, maybe it's because I come from a country where I lived under apartheid but this is a form of apartheid and I don't want to be a part of that.

"It's not the reason I'm not getting married but it's maybe a part of it."

METRO NEWS SERVICES

GETTY IMAGES

The Weather Network 20 YEARS
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Thursday Sunny 14°/ 3°

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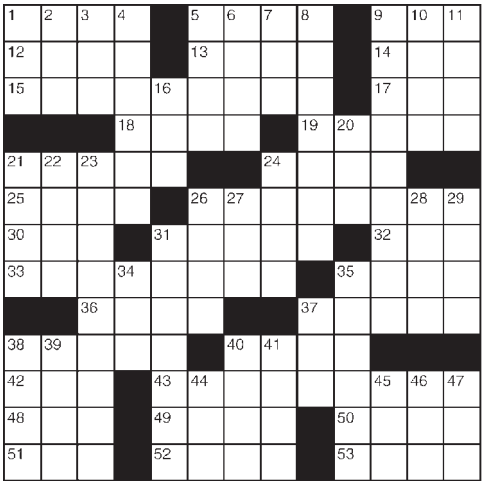

Crossword across

1 Cry like a banshee
5 "Say again?"
9 Crafty
12 Europe's neighbour
13 German car name
14 Tiny veggie
15 Peter Parker's alter ego
17 Cartesian conclusion
18 Hostels
19 Droves
21 Founded (on)
24 Unaccompanied
25 Swiss peaks
26 Directly
30 Floral neckwear
31 Actor Alan
32 NASA deviation
33 Last page?
35 Small combo
36 Nestling hawk
37 Dashboard features
38 Folkways
40 Painter Mondrian
42 Actress Gardner
43 1984 mockumentary subject
48 Buddy
49 Sea flock
50 Therefore
51 Wapiti
52 Method (Abbr.)
53 Turned blue?

Crossword down

1 Existed
2 Cleopatra's slayer
3 Midafternoon hour
4 Restroom designation
5 Caution
6 Runs smoothly
7 Oklahoma city
8 Small-timer
9 Freshwater algae
10 Begin
11 Sweet potatoes
16 Conclude
20 Yale student
21 Hairless
22 Sheltered
23 It takes thyme
24 Use a teaspoon
26 Spheres
27 Guitar's kin
28 Greet
29 Pairs
31 Accumulates
34 CBS logo
35 Named
37 Narcs' org.
38 Jerry Herman musical
39 Ellipse
40 Needles' mates
41 "Meet Me — Louis"
44 Use a crowbar
45 Take a shot at
46 Time of your life?
47 Home for 14-Across

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		3		1				2
			2			1		
		5			6		4	
		9					8	
		2	1		7	4		
	6					7		
	1		7			6		
		7			8			
2				4		9		3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	9	4	6	1	3	5	8	2
6	3	8	9	2	5	1	4	7
1	2	5	4	8	7	9	3	6
2	8	7	5	3	9	6	1	4
5	6	9	7	4	1	8	2	3
3	4	1	2	6	8	7	5	9
8	5	6	3	9	2	4	7	1
4	7	3	1	5	6	2	9	8
9	1	2	8	7	4	3	6	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Diner-style Hash Browns

INGREDIENTS:

1 1/2 lbs (750 g) all-purpose potatoes, peeled
3 slices turkey bacon, chopped
1 medium onion, chopped
1 medium green bell pepper, seeded and chopped
1/2 tsp (2 ml) paprika
1/2 tsp (2 ml) salt
1/4 tsp (1 ml) freshly ground black pepper
2 tbsp (25 ml) margarine

METHOD:

1. Coarsely grate potatoes into large bowl of ice water. Let stand 10 minutes.
2. Meanwhile, cook bacon in large non-stick frying pan over medium-high heat until crisp, 5 minutes. Transfer to paper towels to drain, leaving drippings in pan.
3. Sauté onion and green pepper in pan until soft, 5 minutes. Transfer with slotted spoon to paper towel.
4. Drain potatoes, squeezing out water. Transfer to dish towel and pat dry. Combine potatoes, bacon, onion, green pepper, paprika, salt and black pepper in large bowl.
5. Add margarine to drippings and melt over medium heat. Spread potato mixture evenly in frying pan and cook, without stirring, until golden brown and crispy on bottom, 15 minutes. Place large plate over pan and invert. Slide potatoes back into frying pan. Cook until golden brown and crispy on second side, 10 minutes.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Outsiders will cringe due to your ferocity. Discomfort brings a great deal to an end. An adored person rides off into the sunset.

TAURUS ♉
APRIL 21-MAY 21
Disregarded desire causes too much disharmony. You can't do something over again. A lover will find a way to build you up.

GEMINI ♊
MAY 22-JUNE 21
Don't pass judgment on anybody. There's a fortuitous meeting with an ally. A brilliant performance gets noticed.

CANCER ♋
JUNE 22-JULY 22
A chatty buddy makes points with humour. A kind person takes note of your feelings. Start fresh when making decisions.

LEO ♌
JULY 23-AUG 23
Make a shocking request this afternoon. A forceful woman's skills come in handy. Get paperwork done before taking a drastic step.

VIRGO ♍
AUG 24-SEPT 22
Love life gripes force you to make a decision. Resist the desire to make impressive remarks. Don't ignore a favourite person's demands for loyalty.

LIBRA ♎
SEPT 23-OCT 23
An intimate friend has a sordid tale to tell. There's no help for an innate personality defect. Take responsibility for teaching a lesson.

SCORPIO ♏
OCT 24-NOV 22
Get professional advice about computer problems. A bungler will slow down progress. Watch out for toxic companions.

SAGITTARIUS ♐
NOV 23-DEC 21
Have facts and figures ready for a younger person. A disgruntled associate puts the ball in your court. Transit problems cause quarrels.

CAPRICORN ♑
DEC 22-JAN 20
Scintillating memories will come to mind. A winning plan has everyone cheering. Don't get exasperated by a change of fortune.

AQUARIUS ♒
JAN 21-FEB 18
Ask about a hidden need for security. Don't be wounded by a shocking experience. Triple check your thoughts before replying.

PISCES ♓
FEB 19-MARCH 20
Problems with a friend lead to emotional turmoil. People will visit and remove your fear of the future. Expect confusion and odd behaviour.

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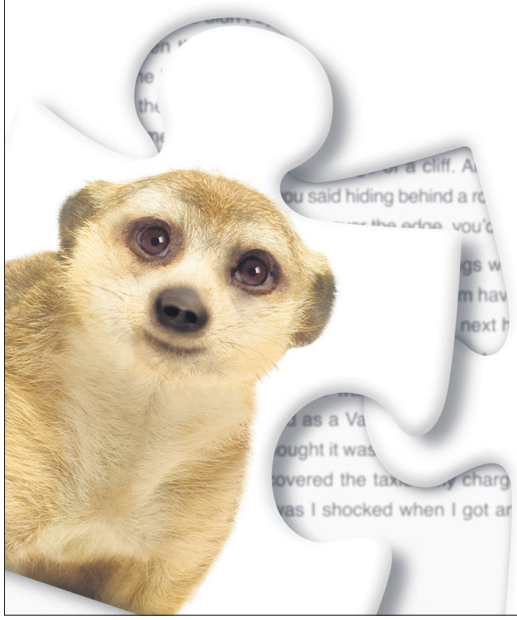

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Sherway Gardens
Toronto Eaton Centre
Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
2187 Queen St. E (The Beach)
2365 Yonge Street (north of Eglinton)
363 Front St. W (City Place)
455 Danforth Ave.
155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
60 Great Lakes Dr. (inside Home Depot)
2880 Queen St. E (Hwy. 7 & Airport Rd.)
26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple
3 - 10019 Keele St.

Markham
Markville Shopping Centre
Pacific Mall

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

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RioCan Durham

Pickering
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